



### **Tips for Beating Holiday Blues**

**Be Realistic** You won't be able to buy everything on your wish lists. Give simple gifts that are low cost. Offer to perform work for a friend for free.

**Maintain healthy habits.** Do your best to stick to your normal routine. Get enough sleep. Sleeping less or skipping your regular workouts both add to depressive symptoms. Avoid eating and drinking too much. Too much eating and drinking only adds to feelings of guilt when clothes get tight.

**Plan ahead.** Plan ahead to prevent unnecessary stress. For example set aside specific days to shop or bake. Avoid going to large malls during peak shopping hours.

**Take a breather.** It's easy to get swept up in this busy time. Don't try to be everything to everyone. Remember you are only one person and you need to take care of yourself too. Relax, spend 15 minutes a day alone. Do a spiritual practice of your choice.

**Be mindful of your feelings.** If you experience more severe symptoms such as persistent unhappiness or hopelessness; losing interest in activities you used to love; changes in appetite, sex drive or sleep; trouble concentrating or lack of energy — and these feelings begin to interfere with everyday life, talk to your doctor.

**Use Your WRAP Plan.** Review your WRAP for those activities that you have identified that help you to get well and stay well.