

# GETTING THROUGH THE HOLIDAY BLUES



The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with stress, grief, less sunlight, expectations and even memories.

This might include:

Fatigue  
Tension  
Frustration

Loneliness or isolation  
Sadness  
A sense of loss

The difference between the holiday blues and clinical depression is that these feelings are temporary. However, short-term problems must still be addressed before they lead to long-term mental health problems.

## How to avoid the Holiday Blues



Get enough sleep.



Take time for yourself, without isolation.



Eat & drink in moderation. Stay away from alcohol if you're feeling down.



Get exercise - even if it's only for a short time.



Listen to music, catch up on a show or something to help you relax.



Set a budget for activities. Don't overextend yourself.



Stick to your normal routine as much as possible.

Georgia COVID-19  
Emotional Support Line  
**866-399-8938**

Effective June 1, 2020 - Hours of Operations: 8 am - 11 pm



Georgia Department  
of Behavioral Health &  
Developmental Disabilities  
**Georgia Recovery Project**

Many Georgians are affected by Holiday Blues and we're here to help.