



HAPPY HOLIDAYS (OR NOT?)



38% of people surveyed reported that their stress levels increase during the holiday season.

- *American Psychological Association*

64% report worsening of mental health symptoms during the holiday season and **66%** are plagued by feelings of loneliness

- *National Alliance on Mental Illness (NAMI)*

Reference article: NAMI, Mental Health & Holiday Blues, 2014



WAYS TO COMBAT HOLIDAY BLUES



1. Minimise rumination.

The holiday season might invoke deep reflection and comparison with others. Repeatedly obsessing over problems would make you feel worse and reduce your ability to come up with plans to solve them. Explore the reasons why things did not happen and start brainstorming alternative ways to reach your goals.

2. Time limits.

Set up a daily schedule of tasks you'd like to accomplish so that you are able to allocate your time wisely, but remember not to overstretch or over-commit yourself. It's perfectly fine to say no to plans that don't fit into your schedule.

3. Emotional limits.

The holiday season may be a time for gatherings but checking in with your feelings can help to prevent mental health symptoms from getting worse. It's okay to want some time to yourself to regroup and do the things you love - such as reading, listening to your favourite artist or taking yourself for a walk.