



WHAT ARE THE HOLIDAY BLUES?



In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.



So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

**Fatigue
Tension
Frustration**

**Loneliness or isolation
Sadness
A sense of loss**

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>



CITY OF WORCESTER, MASSACHUSETTS
Department of Health & Human Services
Division of Public Health



Public Health
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Matilde Castiel, MD
Health & Human Services
Commissioner

Karyn E. Clark
Public Health
Director

Mental health is an important and serious issue that needs attention. We all face challenges in our lives and sometimes need help; sometimes we rely on our friends and family. Some individuals, even with a support network, may still feel alone, sad or anxious – especially during the holiday season. The Department of Health & Human Services has provided phone numbers, website links and tips on how to get help. Please share this with someone you know who might need help.

Massachusetts Coalition of Suicide Prevention (MCSP)

To learn more about resources available to Massachusetts residents, please visit the [MCSP Resource page](#).

Samaritans 24-hour helpline

Can be reached at 1-617-247-0220. If you are feeling isolated, desperate or uncertain about anything in your life, we want to hear about it – contact us anytime. Our services are free, confidential, and anonymous.

The National Suicide Prevention Lifeline

Can be reached at 1-800-273-8255. The lifeline is available 24 hours a day and is free and confidential.

Emergency Services Teams – Local Crisis

Response: <http://www.masspartnership.com/provider/pdf/MBHPESPDIRECTORY04072014FIN.pdf>

Mass 211: www.Mass211Help.org

Can't find what you are looking for online? Simply dial 2-1-1 and get connected to a specialist waiting to help you 24 hours a day, 7 days a week.

NAMI: <http://www.namimass.org/resources/mental-and-medical-health-services>

SAMHSA: Find local treatment services at <http://findtreatment.samhsa.gov/>

American Psychological Association: Find a psychologist near you at <http://locator.apa.org/>

