

# DEPRESSION AND HOLIDAYS

## Why do some people feel depressed during the holidays?



- They expect too much from the holidays
- All that holiday hype and buildup
- Financial difficulties
- They can't be with family and friends
- There's so much to do and so little time! Shopping for gifts, decorating the house, going to parties, seeing the family, travelling or having house guests....

These things can add up and make you feel tense, stressed, and depressed. Some people have headaches or can't sleep. Others drink too much or eat too much, hoping to feel better.

## The holidays come every year, so what can you do?

- Make realistic goals for your time and your money.
- Be aware of how much alcohol you drink.
- Pace yourself. It's a busy time.
- Make lists to help yourself get organized.
- Enjoy activities that are free.
- Spend time with people who are caring and supportive.
- Try something new.
- Save time for yourself.