

Feeling not so merry and bright?

Here are some tips to beat the holiday blues.

The holidays can be emotionally overwhelming for some people. Although anxiety, depression, and loneliness may occur anytime during the year, the stress of the holidays can amplify these feelings. Here are some practical tips for reducing the stress that can accompany the holiday season:

1. **Acknowledge your feelings.** In some life situations, it is normal to feel sadness and it's okay to express your feelings.
2. **Reach out if you're feeling lonely or isolated.** Attending social events, spending time with a friend or volunteering can lift your spirits.
3. **Be realistic.** The holidays don't have to be perfect. Choose a few traditions to hold on to and be open to creating new ones.
4. **Don't abandon healthy habits.** Get plenty of sleep, be active every day and try to maintain healthy eating habits.
5. **Take a breather.** Make some time for yourself doing things that you enjoy.

Adapted from www.mayoclinic.org and www.cmha.ca

Superior Mental Wellness @ Work offers an inventory of resources and services to support mental wellness in the workplace.

Click on the links below to find comprehensive lists of helpful resources:

[Employers](#)

[Employees](#)

Mental health crisis? Options for getting help:

Call 911 OR Go to the nearest emergency room

Call Crisis Response: Thunder Bay 807-346-8282 | District of Thunder