

## **Coping with the “Holiday Blues”**

### ***Tips on How to Manage Stress and Depression during the Holidays***

**Largo, MD** – Not everyone’s holiday season is filled with joy, excitement, increased social gatherings and optimism for the New Year. For some, the holiday season can be a difficult time of year filled with loneliness, fatigue, sadness and even stress and anxiety about what the New Year will bring. These symptoms often occur around the holiday season and are known as the “holiday blues.”

Although many people become depressed during the holiday season, people who tend to suffer from depression and anxiety can experience an increase in their symptoms during this time of year. Also, there are even more people who suffer from the post-holiday blues, experiencing symptoms of depression after the holidays are over. According to the National Alliance on Mental Illness, “there are certain things you can do to help to minimize the negative aspects of the holiday season”. The following is a list of tips for recognizing symptoms and basic ways of coping with the holiday blues:

- Keep expectations for the holiday season reasonable by not trying to make the holiday “the best ever.” Try to set realistic goals for yourself and organize your time at your own pace. Be realistic about what you can and cannot do. Avoid spending too much time preparing for just one day.
- Do something for someone else. Try volunteering your time to help others.
- Don’t consume an excessive amount of alcohol. If you are already feeling down, drinking alcohol will only make you feel more depressed.
- Surround yourself with people who are supportive and caring. If you are alone, reach out to someone you lost contact with or make new friends.
- Make time for yourself! Participate in activities that you enjoy. Put your own well-being first!

For more tips please visit the [following link](#). For 24 hour, around the clock, mental health resources, please call [Maryland 2-1-1](#). Maryland 2-1-1 is a free service that connects residents to mental health and other human services during difficult times. Maryland 2-1-1 is staffed by professionals who quickly assesses the callers’ needs and refer them to the appropriate resource. 2-1-1 is funded through local and state sources including, the United Way and other nonprofits, foundations and businesses. For crisis services for you or someone you know, contact the [Maryland Crisis Hotline](#) at 1-800-422-0009, or the [Suicide Prevention Hotline](#) at 301-864-7130.