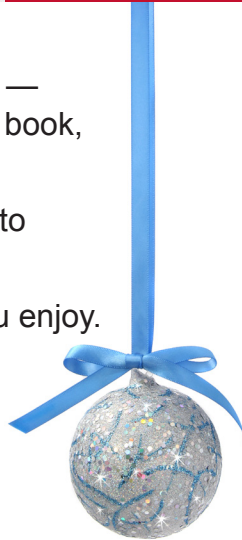




# Tips for *Managing Stress* and the *Holiday Blues*

- Take a little extra time to care for yourself — eat right, get plenty of sleep, read a good book, watch a funny movie or get a massage.
- Exercise (as little as 20 minutes per day) to enhance your feeling of well-being.
- Make plans to spend time with people you enjoy.
- Dismiss the expectation to be everything for everybody. Establish realistic expectations for yourself.
- Use moderation in all things. Don't agree to do more than you can.
- Purchase a special holiday gift for yourself. You're worth it!
- Set a budget for holiday activities.
- Allow yourself to grieve if necessary during this time; many people remember losses over the holidays.
- Limit the amount of television you watch, it can leave you feeling sluggish.
- Stay away from alcohol if feeling down.



**64%** of people say they are affected by the Holiday Blues.

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.

**Be patient.** Take things week by week or day by day.

## Help is available

When the stressors of life appear to be overwhelming, local resources are available to help you or a household member:

### Allina Health

For scheduling, referrals, questions and concerns, please call

**1-866-603-0016**

24 hours a day, 7 days a week

### Sioux Trails

24-hour crisis line

**1-800-247-2809**

Remember the need for self-care happens all year long — not just during the holidays.



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Supporting a culture of wellness

Brought to you by the  
Brown County Mental Health  
and Wellness Action Team