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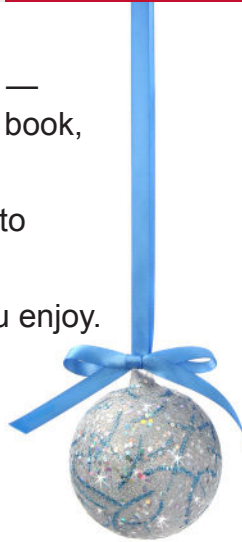
Remember the need for self-care happens all year long — not just during the holidays.

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.
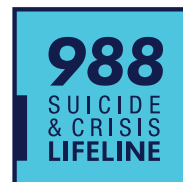
Help is available

When the stressors of life appear to be overwhelming, 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

988
SUICIDE & CRISIS LIFELINE
call or text

The 988 Suicide & Crisis Lifeline connects you to caring support from a trained crisis counselor.

Heart of New Ulm
Supporting a culture of wellness

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