

# COPING WITH POST-HOLIDAY BLUES



After the excitement and busyness of the holiday season, it's normal to feel a sense of emotional letdown. For many, the quieter days of January can bring feelings of sadness, loneliness, or a lack of motivation—often called the “post-holiday blues.” Fortunately, there are ways to navigate these feelings and regain a sense of balance.

## Reflect on Gratitude

- Take time to appreciate the positive moments from the holiday season, whether it was time spent with loved ones, meaningful conversations, or special meals. Writing these reflections in a journal can help shift your focus from what's over to what you've gained.

## Stay Connected

- The holidays often bring people together, so it's natural to miss that connection. Keep the spirit alive by reaching out to family or friends for a chat, planning a casual get-together, or even joining a group or activity to stay socially engaged.

## Set Small Goals

- Having something to look forward to can lift your spirits. Set simple, achievable goals for the new year, such as trying a new hobby, organizing a small project, or committing to daily walks. These little wins can bring a sense of purpose and accomplishment.

## Be Kind to Yourself

- If you're feeling down, allow yourself time to adjust. Practice self-care by eating well, getting enough rest, and engaging in activities that bring you joy or relaxation.

Remember, the post-holiday blues are temporary. With a bit of effort and kindness toward yourself, brighter days are ahead. If you continue to experience holiday blues, we are here to help. Reach out to us for support and resources.

## WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

**Call us today at**