











Feeling * Blue?





You're not alone. Many people report feeling anxious and depressed during the holidays.









Get enough sleep Set a budget and stick to it



Exercise regularly

Set realistic expectations

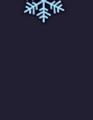


If you need help or someone to talk to, call your doctor, 1-888-NYC-WELL, or text WELL to 65173













During the holiday season, it's common to feel:

You're not alone.





Tired

Lonely

Tense

Depressed

Frustrated

Sad

Anxious





If you need help or someone to talk to, call your doctor, 1-888-NYC-WELL, or text WELL to 65173





Feeling Blue?

Alcohol consumption increases during the holiday season.

Alcohol is a depressant. Remember:

Keep tabs on how much you're drinking

Get plenty of rest and recovery

You don't have to accept every invitation

Check on friends and family



If you need help or someone to talk to, call your doctor, 1-888-NYC-WELL, or text WELL to 65173



Feeling Blue?

During the holidays being alone, losing a job or a relationship can be especially difficult.

You are not alone. Try to:

Get outside and exercise

Remember old traditions, but make new ones for yourself

Get involved in church or community groups Volunteer to help those less fortunate



If you need help or someone to talk to, call your doctor, 1-888-NYC-WELL, or text WELL to 65173

