



# Feeling Blue?

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



**Follow these tips to avoid the holiday blues:**

**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**





# Feeling Blue?

You're not alone.

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

Tired

Lonely

Tense

Depressed

Frustrated

Sad

Anxious

If you need help or someone  
to talk to, call your doctor,  
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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

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to talk to, call your doctor,  
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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**



**Staten Island**  
Performing Provider System

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