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

Staten Island Performing Provider System
Feeling Blue?
You're not alone.
During the holiday season, it's common to feel:

- Tired
- Lonely
- Tense
- Depressed
- Frustrated
- Sad
- Anxious

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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

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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

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