Feeling Blue?
You're not alone.
Follow these tips to avoid the holiday blues:

- Get enough sleep
- Exercise regularly
- Set a budget and stick to it
- 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?

Alcohol consumption increases during the holiday season. Alcohol is a depressant. Remember:

- Get plenty of rest and recovery
- Check on friends and family
- Keep tabs on how much you're drinking
- You don't have to accept every invitation

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
- Get involved in church or community groups
- Remember old traditions, but make new ones for yourself
- 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.
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, 1-888-NYC-WELL, or text WELL to 65173