



Feeling Blue?

You're not alone.

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?

**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**



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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



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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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