

How to keep the Holidays Bright or at least dimly lit

Sometimes Holiday are not the
greatest time of the year
Instead it can be:
the loneliest time of the year
or a time of high stress



If Holidays are not the best time of the
year for you, you can:
Create new traditions
Calls others who are alone/lonely
Be ready to avoid pressures
Have a budget ahead of time
Spend time in Nature

Information was found
on these
Websites

<https://www.psycom.net/beat-holiday-depression/>

<https://www.healthline.com/health/depression/holidays> [https://](https://www.webmd.com/depression/holiday-depression-stress#1)

www.webmd.com/depression/holiday-depression-stress#1

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Don't wait if you are overwhelmed/hurting - call help
Crisis line - 1-888-299-1188 or simply dial 211