



UNHAPPY HOLIDAYS: IT'S NOT THE MOST WONDERFUL TIME OF THE YEAR FOR EVERYONE



Holidays not so happy? A lot of people are feeling not-so-merry-and-bright right now. Be gentle with yourself, it's okay to be human this holiday season.

If you or someone you know is struggling this time of year...

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

Text HOME to 741-741 for 24/7 confidential counseling from the Crisis Text Line

Call The Trevor Lifeline for LGBTQ youth at 1-866-488-7386 or text START to 678-678

- The Winter Blues, or Something More? - Maybe it's just that time of year. The days are shorter, the temperature is dropping and so is your mood. Many people experience a mood shift during the winter months. But if your winter blues start to interfere with your ability to enjoy your life, it might be time to connect with a mental health professional. Your regular doctor or local health department are good places to start.
- Grief and Loss - For some, the holidays are a reminder of lost loved ones, or a loss of traditions once held dear. It can be helpful to make space to honor lost loved ones or find new ways to enjoy holiday traditions that you miss. However, some prefer to avoid painful reminders and may choose to celebrate differently or not at all.
- Expectations - There can be a lot of pressure to be joyful this time of year, which can lead to feelings of guilt for those already living with depression. Social obligations and family gatherings can be hard for those with anxiety disorders. Crowds, lights, and music can create uncomfortable feelings of sensory overload for some people. It's okay to decline an invitation, it's okay to be sad or overwhelmed. It's okay to not be okay, even during the holidays.