



healthy choices



live well. be well.

Holiday Blues

The holiday season can be a time of joy for a lot of people. You may feel differently. The holiday blues affect many people, but there are ways to help avoid or manage these negative feelings.

What are the Holiday Blues?

The holiday blues are defined as temporary feelings of anxiety, depression, sadness, loneliness, and other negative emotions. Many individuals with already diagnosed mental illnesses are affected by the holiday blues as their normal symptoms worsen during this time of year, but even those without regularly occurring mental health challenges can experience the holiday blues.

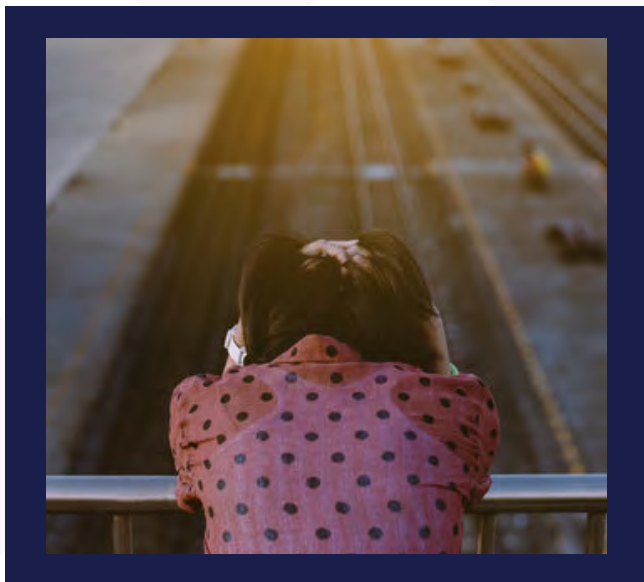
Tips for Managing the Holiday Blues

If you're struggling with the holiday blues, here are some tips for managing your mental health this holiday season:

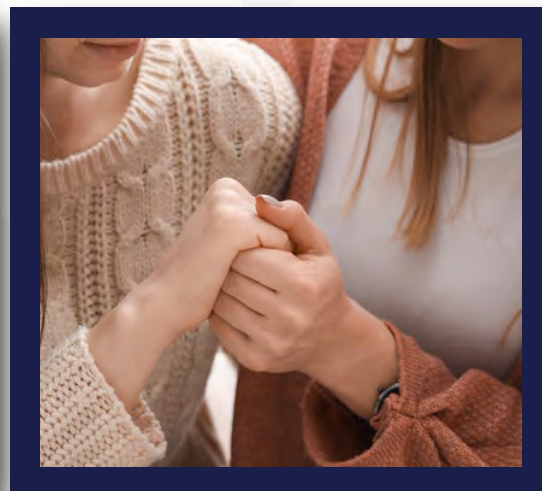
- Don't overindulge.
- Don't overcommit.
- Take a walk or a run.
- Take time for yourself.
- Spend time with your loved ones.
- Face negative feelings in a healthy way.
- Set realistic expectations for yourself and others.
- Recognize the holiday blues for what they are.



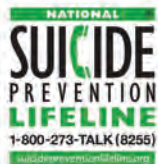
988 SUICIDE & CRISIS
LIFELINE



If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals across the United States.



Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.



988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)

H&H Health Associates is here to help with counseling, resources, guidance and support.

H&H Health Associates provide confidential, compassionate, and comprehensive assistance services



Member Assistance Program (MAP)

YOUR WORKPLACE WELLNESS & MAP PARTNER

Call the Welfare Fund office at 314.835.2700 for more information

3660 South Geyer Road
Suite 100
St. Louis, MO 63127

Visit Your Member Site
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www.HHHealthAssociates.com