

# Health Tips

from New London Hospital

## Tips for Coping with Holiday Stress and Depression – Part One



The holidays are filled with the spirit of joy, hope, and giving, often marked by festive family and social gatherings. On the other hand, preparing for, and anticipating, the holidays can make us feel anxious, stressed, and even depressed.

Here are some tips to help you cope:



- Make realistic expectations for the holiday season.
- Give yourself permission to skip activities you dislike. Learn to say, "No, thanks."
- Set realistic goals for yourself.
- Ask for help.
- Reflect on personal meanings of each holiday.
- Laugh.
- Pace yourself. Do not take on more responsibilities than you can handle.
- Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
- Be realistic about what you can and cannot do.
- Do not put all your energy into just one day (i.e., Thanksgiving Day, New Year's Eve). The holiday cheer can be spread from one holiday event to the next.
- Live and enjoy the present.
- Look to the future with optimism.
- Pay attention to personal health habits like good nutrition, and getting enough sleep.
- Don't set yourself up for disappointment and sadness by comparing today with the good old days of the past.
- If you are lonely, try volunteering some time to help others.



Watch for next week's New London Hospital Health Tips column for more holiday season coping tips.

*New London Hospital wishes you and your family a healthy and happy holiday season!*

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