


Health Tips

from New London Hospital

Tips for Coping with Holiday Stress and Depression – Part Two

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

Last week's New London Hospital Health Tips column featured some tips to help you cope with the holidays. **Here are more tips:**

- Find holiday activities that are free, such as looking at holiday decorations; going window-shopping without buying and watching the winter weather whether it's a snowflake, or a raindrop. 
- Limit your drinking, since excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. 
- Reach out and make new friends.
- If you spend a lot of time at your job, consider buying pre-made meals, or having a party catered. If you are entertaining guests, see if you can afford a cleaning service to spare you heavy housework. 
- Make time to contact a long lost friend or relative and spread some holiday cheer.
- Make time for yourself! 
- Let others share the responsibilities of holiday tasks. 
- Keep track of your holiday spending. Over-spending can lead to depression when the bills arrive after the holidays are over. Extra bills with little budget to pay them can lead to further stress and depression.
- If you experience holiday depression, talk to your doctor about your symptoms. You may need treatment.

You can find these and other tips for coping with the holidays on the New London Hospital website, www.newlondonhospital.org.

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

**To learn more about New London Hospital, visit
www.newlondonhospital.org**