

Dealing With The

# HOLIDAY BLUES

## How to deal with the Holiday Blues

The holidays can be a rough time for some people. Whether this is because of the inability to be with loved ones or because of a recent loss, it can bring on feelings of sadness and loneliness. It can also be difficult dealing with the financial strains that come along with buying gifts. However, there are some things that you can do to help offset some of these feelings.

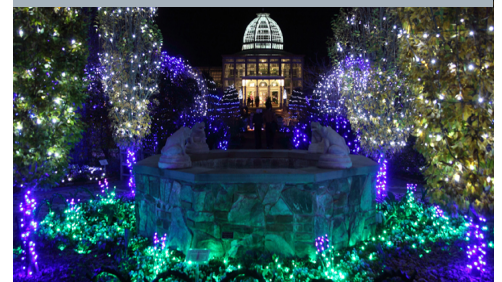
## What Can I Do?

- **Acknowledge your feelings** - It is okay to feel sadness during the holidays if you can't be with loved ones this time of year.
- **Reach Out** - There are a lot of community centers and activities this time of year, seek them out. It is a great way to meet new people and get in the holiday spirit.
- **Set a Budget** - This can be an expensive time of year for many people. Plan on sticking within your means when buying presents to avoid stress when the bills come in. Remember, it's the thought that counts!
- **Take a Break** - Take some time to be by yourself. Being around people all the time can be stressful, take a few minutes every day to be alone and recharge.
- **Seek Help if you need it** - If you are still feeling sad, than set up an appointment to see a professional. Sometimes, we all need a little extra help.



### Holiday Activities in Richmond

- **The Tacky Lights Tour** - Explore Richmond to see all the best light displays!  
<http://www.tackylighttour.com/default.aspx>
- **The Lewis Ginter Gardenfest of Lights** - The Botanical Gardens are all lit up for the holidays (Nov. 25-Jan 9)  
<http://www.lewisginter.org/>
- **Downtown Iceskating Rink** - An outdoor ice-skating rink at 8<sup>th</sup> and Broad.



 PINNACLE EAP

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