

We're closing the curtain on a very challenging year. There have been so many losses and missed experiences in people's lives. Families across the world have gone all year without seeing each other in person. For some, the difficulties have been more serious. For others, the challenges have been relatively minor.

Regardless of the level of your downfalls this year, you may feel a void that you can't seem to fill. That can be due to the complete loss of hope. You may feel that what this year has brought has slammed the very concept of positivity to complete extinction. You feel cornered, with no outlet for an escape.



Queue in the holiday season, and these feelings magnify by a hundred. If you find yourself with any of the feelings mentioned above, you may be entering into a depressive state. But, there are many ways to fight this. The following are ways to neutralize your negative thoughts, and reset your mind towards clarity and optimism. Or, better said, how to beat the holiday blues...

- **Get plenty of sleep** - Go to bed at a specific time each night. Getting enough sleep each night greatly improves your daily mood.
- **Learn To Say No** - Don't overschedule. Avoid emotional breakdowns by making time for yourself. Learn to say "no" and stay firm on your decision.
- **Be open to new traditions** - You may have an idea of what you think the holidays should be, but it might not have panned out this season. Instead of holding on to what the holiday should have been, start new traditions. Be open to new ideas unfolding.
- **Get support when mourning a loved one** - the holidays can be very challenging especially if you have recently lost someone close to you. It can be tempting to isolate yourself, and grieve. But, it will be much more beneficial to spend that time with family and friends. They will be the exact support that you need.

- **Spend time with your loved ones** - Don't spend it alone. Gather your friends and family for a nice meal together -- even if it has to be virtual. Spruce things up with festive decorations to set a happy mood.
- **Exercise Regularly** - Make sure to get regular exercise. At least 10 minutes a day. It will get your heart rate up and release mood-boosting endorphins.
- **Avoid Overeating** - Before you go to any social events, fill up on veggies. You can even take some to go for the ride to the event. Holiday outings can lead to overeating, which can affect your mood and overall well-being.



The holiday blues will have power over you **only** if you let them. Know that there are always ways to beat them. Don't let them win -- take control. HAPPY New Year!