

# Holiday Blues

**Holiday blues, is a feeling of sadness that starts around November or December and ends shortly after the new year. The most common symptom is a persistent or recurring feeling of unexplained sadness.**



**People with a mental health condition may be even more prone to experiencing holiday blues.**



## Eight Tips To Help Residents Manage Holiday Blues

1. Encourage residents to acknowledge and share their feelings of sadness and any other difficult emotions and thoughts related to holidays.
2. Promote physical activity and provide opportunities for regular exercise appropriate to residents' abilities.
3. Create opportunities for social engagement by finding ways to help residents connect or reconnect with family and friends.
4. Provide nonpharmacological alternatives to symptom management. Help residents identify and use coping strategies such as journaling and group discussions to manage symptoms.
5. Encourage residents to avoid or limit alcohol use during off-site visits, as alcohol can increase depressed feelings.
6. Encourage residents to decorate their rooms and the facility.
7. Connect residents to behavioral health services and help them schedule appointments if symptoms persist or worsen into major depression or if the holiday blues is related to past trauma.
8. Be culturally aware. Support activities celebrating various cultural traditions and beliefs associated with the holiday season.

**Report all changes in a resident's mood to the clinical team.**

**Reference:** NAMI Mental Illness and the Holiday Blues, <https://www.nami.org/Press-Media/Press-Releases/2014/Mental-health-and-the-holiday-blues>)



Scan the QR code to view additional resources and trainings from the COE-NF.