**Menu for preventing the holiday blues**



In each box, write how a plan for achieving this personal goal during the holidays. The ‘holiday blues’ can affect all of us. Reducing blues during the holiday season includes setting realistic expectations, setting realistic goals, sharing feelings with supportive family or friends, reaching out to others, taking time for faith, taking time to focus on the real meaning of the Christmas season, and taking time for self. It is also important to recognize that if feelings of sadness and depression go beyond the holiday season and impact your ability to go to school, socialize with friends, it is important to seek a caring supportive adult to seek professional support.

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| Realistic Holiday expectations |  |
| setting limits |  |
| Healthly activity |  |
| Talking to a friend |  |
| Being a good friend to someone in need |  |
| Spend time with supportive people |  |
| spend time with god |  |

And they shall call him Emmanuel which means God is with Us

Matthew 1:2