

Feeling down during the holidays?

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to feel
WHATEVER
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Holidays are a time when many people expect to be happy and celebrate. But what if all this free time, family and festivity leaves you feeling sad, worried or angry? Family problems, bad memories, missing someone you’ve lost, or loneliness could make you feel that way.

First, it’s important that you know: you’re allowed to feel **WHATEVER** you’re feeling. We can’t always choose how we feel, and sometimes sad feelings come to us even if we don’t want them to.

If you expect to feel really happy but you don’t, that can be painful...so rather just expect yourself to be **YOU**, whatever that is on the day.

Here are some tips to help you feel better when you are feeling down:

- Talk to someone you trust about what’s bothering you.
- If you’d rather be alone, let people know that you’re having a tough time and you need a little time out.
- Don’t compare yourself to others – remember, social media doesn’t always tell the whole story.
- Do something kind for yourself, like giving yourself a gift or doing something you’ve wanted to do for a while.
- Do something kind for someone else. Lots of people need help or love this time of year.

If you find you are always sad and you can’t get happy about anything, if you want to read about depression, and get help if you need it, read this article

<https://bwisehealth.com/article/feeling-sad-all-the-time-you-could-be-depressed?>