



## 5 TIPS FOR BEATING THE HOLIDAY BLUES

**CHILL OUT.** Avoid overbooking yourself and make sure to take time for self-care.

**HIBERNATE.** Make sure you get enough sleep.

**BREAK OUT THE ICE SKATES.** Take time to exercise, even if it's just taking a spin around the rink.

**DON'T FREEZE PEOPLE OUT.** Spend time with people who love and support you.

**MODERATE THE MERRIMENT.** Eat and drink in moderation, and don't drink alcohol if you are feeling down.