

How to Deal with Holiday Blues

This time of year can be hard for individuals who are far away from home, have lost contact with family members or, due to the pandemic, are unable to see their friends and family. We understand that this can be difficult. Here are some tips to make the best out of your holiday season, even if it is spent alone!

- Reset expectations - focus on what is going right as opposed to how things 'used to be'
- Take some time to be grateful for the people who are in your life
- Do something for yourself and take time to celebrate you
- Do something nice for others
- Create your own holiday traditions
- If you are able to, reach out to your family and friends via phone call or FaceTime
- If you have a friend in this situation invite them to your event, or take time aside to remind them that you care and appreciate them
- Send letters/cards to people who you are close with
- Participate in the Holiday Lights video (see below)



Peer Wellness is creating a Holiday Lights video! Submit a video of your favourite (or any!) holiday lights to slhenry@student.concordia.ab.ca by **Dec 20th**. Videos should be less than 30 seconds. Please include, in the video or email, your name and city (no addresses please!).

The final video creation will be posted on social media Dec 23-25th.

Let's spread some holiday cheer!
