

Health & Wellness Tip of the Week

Week 52 December 24, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



Help for the Holiday Blues

Feeling down around the holidays? You're not alone. Nearly two-thirds of Americans say they get the holiday blues. Holiday blues may mean feelings of fear or depression. These can be caused by extra stress, unrealistic goals or even thoughts of holidays past.

What to watch for, stay away from or handle:

- Less sunlight
- Changes in your eating and routine
- Alcohol at parties
- Over-commercialization of the season
- Not able to be with friends or family

Source: National Alliance on Mental Illness

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