



Winter Blues and Holiday Stress

Resources

Crisis Help Line:
Dial 9-8-8

Hope for Wellness Help
Line: 1-855-242-3310

Kids Help Phone:
1-800-668-6868

Crisis Line Association of
BC: 1-800-784-2433

Kelty Mental Health:
1-800-665-1822
www.keltymentalhealth.ca

Problem Gambling Help
Line: 1-888-795-6111

Health Link BC:
Dial 8-1-1 anywhere in BC

Poison Control:
1-800-567-8911

What are Winter Blues?

As the days get shorter, many people find that they feel sad more often. They may have less energy and find day-to-day tasks more difficult. This can increase throughout the winter, or subside as one settles into a regular routine.

Winter Blues are usually mild. Some people may struggle with more intense emotions and depressive symptoms. Depression related to reduction in sunlight can be indicative of Seasonal Affect Disorder.



Mental Health is Important!

The holiday season brings with it financial strain and increased pressure from family and friends.

Be kind to yourself and know that mental health supports are available if feeling overwhelmed.

Continue reading for some practical tips on how to reduce the Winter Blues and some supports you can access over the Holidays.



What Can Help?

1. Find a trusted adult to talk with.
2. Identify your personal goals for the winter months and holiday season.
3. Keep a regular routine, even when feeling “blah”
4. Remember the importance of regular sleep, healthy eating, and exercise.
5. Be weary of using drugs and alcohol to cope with stress.
6. Allow yourself time to “relax” and do things you enjoy.
7. Go to hospital or call 911 if feeling unsafe.



You're Not Alone!



The Winter months and holiday season are difficult for many.

The shorter days and limited access to natural sunlight leave many feeling “blah.”