



The holidays were a time of merriment, joy, laughter, and family togetherness. Since they were so full of gift-giving and cheer, you may wonder why am I still feeling so down? This reaction isn't new or odd! In fact, feeling down after the holidays end is normal. Keep reading to find out ways you can combat post-holiday blues.

A holiday get-together is full of enchanting stories, warm interactions, and calories. If you're feeling down about your recent holiday diet, maybe opt for more healthy options for your next meal. It's okay to indulge during the holidays, it's only a few times a year you get to spend time with your distant relatives and feast on honey glazed ham, and endless stuffing. But the new year is a great time to make a commitment to healthy eating. It's not about weight; it's about eating foods that promote wellness.

A big reason for the post-holiday blues could be because of the lack of social interaction you're experiencing. Being around family and friends during the holidays is inviting and delightful, but taking that out of the equation could leave you feeling lonely and down. Why not plan a few social outings throughout the month so you can refrain from isolating yourself and instead, sit around the dinner table and socialize with friends?

There are several studies that show exercise is an excellent way to improve not only your physical wellbeing but also your mental wellbeing. Picking up a new or old exercise routine is a great way to beat the holiday blues. And, if you're wanting to spend time with someone else, you can always invite your friend to tag along with you.

It's a new year, and it's time to start new regimes so you can be the best version of you. If you're feeling blue after the holidays, you might just need some old-fashioned self-care to get back up again. However, if you notice your blues lasting longer than a few weeks, it might be wise to seek a professional.