

TRS-ActiveCare BEAT BACK LONELINESS



BlueResourceSM – Stress Relief – Overcoming Holiday Loneliness

'Tis the Season to Beat Back Loneliness

We see many images of togetherness around the holidays. If you feel lonely, the images don't reflect how you feel. You can choose to celebrate the holidays in ways meaningful to you.

Avoid comparisons. Focus on the present and decide how you want to enjoy the holidays. Curl up with a good book or take a trip to somewhere new. Be good to yourself.

Create a family of kindred spirits. Reach out to others. Remember, you're not the only one who feels alone. Peace activist Edna Buckman Kearns wrote: "Friends are the family we choose for ourselves."

Take a break from stressful thoughts. Distract yourself for a couple of hours. Relax and watch a favorite movie or enjoy a spa treatment. Feel refreshed, not burned out.



Be bold. Create your own holiday traditions.

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