



## TOP 5 WAYS TO BEAT THE HOLIDAY BLUES

The “Holiday Season” is here, a time filled with happy gatherings between our family and friends. They are a time of celebration and joy; a time to remind us all of the brilliant, wonderful things life has bestowed upon us. Unfortunately, for many aging adults, this special time of the year turns out to be a time when joy is replaced with sadness, anxiety and loneliness and The Holiday Blues set in.

**Here are our Top 5 tips to help beat the Holiday Blues:**

1. **Reach out.** Social connectedness is especially important at holiday times. Reaching out to older relatives and friends who are alone is something all of us should do
2. **Be inclusive.** Involve everyone in holiday preparation, breaking down tasks to include the youngest and oldest family members. Everyone loves to bake cookies and decorate together.
3. **Create new memories.** In addition to family traditions, aging adults need new things to anticipate. Add something new to the holiday celebration, or volunteer for your family to help others. Enjoy activities that are free, such as taking a drive to look at decorations.
4. **Be reasonable with your schedule.** Do not overbook yourself into a state of exhaustion – this makes people cranky, irritable, and depressed.
5. **Monitor medications and alcohol.** If you have senior family members, be sure to help them adhere to their regular schedule of medications during the frenzy of the holidays. Also, pay attention to their alcohol consumption during holiday parties and family gatherings.

If you are concerned about the well being of yourself or a loved one, Please give us a call today. We are here to help and our service is free to you and your family.

**412.257.2515**



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