Beat the Holiday Blues – Tips from the Brain Injury Association of MA

While the holidays are typically a time of shopping, decorating, baking, family and fun, they can be challenging for some. The holidays can be a time of loneliness, stress and isolation for people, including brain injury survivors and caregivers. Often, caregivers become overwhelmed during the holiday season because their list of tasks increases with holiday preparations. Consider our list of tips to decrease stress and stay positive this holiday season.

- Predict and plan for the challenges you may face during the upcoming holiday season and make special arrangements if necessary.
- Holiday shopping complete with busy stores and long lines can make the experience stressful. Try not to shop during peak times – like weekends – and go shopping in the mornings or early afternoons.
- Get plenty of sleep, especially before a special event or busy week of activities.
- Ask a caregiver, family member or friend for help with holiday preparations if you begin to feel overwhelmed. You can’t do it all on your own and loved ones are there for support.
- Take time to enjoy the holiday season. Watch a holiday movie, decorate with family and friends or participate in a community event.
- Enjoy time with family and friends and avoid those who are negative or unsupportive. Many people tend to be overly negative during the holidays, so it’s important to spend time with positive people who will help you enjoy the season.
- Talk to a family member, friend, caregiver or therapist if you’re feeling lonely or depressed.
- Take time out for yourself during this busy season. Read a book, do yoga, take a bubble bath or walk or whatever it is that will relax you.

For more safety tips or facts about helmets, visit [www.biama.org](http://www.biama.org) or call the Brain Injury Association of Massachusetts (BIA-MA) at 800-242-0030. BIA-MA can provide fact cards and brochures on helmets, sports concussion, pedestrian safety, booster seats, falls prevention, advocacy and brain injury.

The Brain Injury Association of Massachusetts (BIA-MA) is a private, non-profit organization that provides support services to brain injury survivors and their families, offers programs to prevent brain injuries, educates the public on the risks and impact of brain injury, and advocates for legislation and improved services.

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