

HOW TO SURVIVE “HOLIDAY SADNESS”

The halls are decked, the stockings are hung, the lists are made—and we’ve checked them twice. But where’s the holly-jolly in our Christmas? How do we survive the “most wonderful time of the year” when it feels like our world is falling apart?

WHAT CAN CAUSE THESE FEELINGS DURING SUCH A HAPPY SEASON?:

- ❄ LONELINESS & ISOLATION
- ❄ GRIEF & LOSS
- ❄ STRESS & EXPECTATIONS
- ❄ SEASONAL AFFECTIVE DISORDER (SAD)



UPLIFTING BIBLE VERSES FOR THE HOLIDAYS



"He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away'" Revelation 21:4

"The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us") Matthew 1:23

"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever." Isaiah 9:6-7



3 TIPS FOR SURVIVING THE HOLIDAY BLUES

Leave Room for Grief

No one wants to be sad during the holidays, but you can't manufacture joy. If this is your time to grieve, let God have His way in your suffering. Don't plaster your broken heart with a fake smile. Give God the pieces and let Him heal it. He's faithful. He cares.



Choose Praise

Something miraculous happens when we lift our eyes from the cares of this world to the glory of our Father in Heaven. As we praise His unchanging goodness—the dark things of this world fall into the backdrop of the brilliance of His light.

Cling to Hope Instead of Tradition

If you find yourself trudging through the task of decorating the tree or you dread the very idea of preparing a holiday meal—give yourself a break. Instead, spend some time turning your focus from the tradition to the One who inspired it.

Remember:

This season won't last forever. Take one day at a time, and let others help you through.

A PRAYER FOR THOSE STRUGGLING TO FEEL MERRY

Dear Heavenly Father, please help those who are hurting today. You see the pain behind every forced smile, the tears that fall in silence, and the memories that ache more sharply in this season of togetherness. Give us the assurance of your presence—which meets our every need. Draw us close to you and envelope us in your peace that passes understanding. Bring comfort to those grieving an empty chair at the table, strength to those battling depression, and hope to those who feel lost in loneliness. Overwhelm us with the eternal hope you've so graciously given us through Your son, Jesus. *In His holy name, Amen.*

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