

MINDFUL MOMENTS

FROM FUSION

COPING WITH DEPRESSION AT CHRISTMAS

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COPING WITH DEPRESSION AT CHRISTMAS: TIPS & SUPPORT



Feeling low this Christmas?

You're not alone. Learn why depression can spike during the festive season and discover UK-based resources, coping strategies, and support.

When Christmas Feels Heavy: Coping with Depression This Festive Season

Christmas is often described as “the most wonderful time of the year,” but for many people in the UK, it can be overwhelming, stressful, or lonely. If the festive season makes your mood dip, know that you are **not alone**, and it’s okay to feel that way.



Why Christmas Can Be Hard

- **Unrealistic expectations:** social media and adverts often paint a picture of perfect family gatherings and endless joy. When reality doesn't match, it can feel like a personal failure.



- **Financial pressures:** Gifts, meals, socialising and travel add up. Many feel stressed trying to “keep up.”



- **Loneliness:** Being alone, or feeling disconnected even in company, can amplify sadness.



- **Disrupted routine:** Changes in sleep, diet, and daily life can make depression worse. As can an increase in alcohol consumption, often synonymous with Christmas celebrations.



- **Grief and loss:** Christmas highlights absences of loved ones, triggering memories or pain.







- **Seasonal Affective Disorder (SAD):** Shorter days and less sunlight can intensify depressive symptoms.



Coping Strategies

- › **Plan small joys:** Even brief daily walks, music, or quiet moments can lift mood.
- › **Set boundaries:** It's okay to decline invitations or say no. Protect your energy.
- › **Limit comparisons:** Reduce social media scrolling to avoid triggering stress.
- › **Connect:** Reach out to friends, family, or support groups.
- › **Acknowledge grief:** Allow yourself to feel loss, sadness, or frustration.
- › **Seek help early:** Don't wait for a crisis to access support.

UK-Based Support & Resources

Service	Contact
Samaritans	 116 123 • samaritans.org
Mind	Mind.org.uk
Shout	Text SHOUT to 85258
CALM	 0800 58 58 58 • thecalmzone.net
Cruse Bereavement Support	 0808 808 1677 • cruse.org.uk
Age UK	 0800 678 1602 • ageuk.org.uk
NHS Urgent Mental Health Helpline	Find local NHS helpline

Final Thoughts

Have a
Peaceful
Christmas

It's okay if Christmas feels difficult. You don't have to force joy or meet the expectations of others. Small acts of self-kindness, gentle routines, and reaching out for help matter more than any "perfect" festive experience.

Take care of yourself — you deserve peace, rest, and support this Christmas.