

3 RESOURCES TO COPE WITH POST-FESTIVE BLUES



We love celebrating our festivals. But, their aftermath can feel negative for some of us.

Have you felt any of these?

Feeling lonely

Feeling sad

Feeling lost

Emotionally drained

How To Overcome Them?

You are not alone! Let's overcome together with the 3 resources given on the next page!



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The Good Distractions

Truth bomb - Distractions can be good! Beat the blues by engaging in activities that you enjoy or working through pile of pending work with some upbeat music.

Bring your 'Self-Care Mode' on!

Self-care is so under-rated! But, here is the secret - It is important for your emotional well-being. So, go ahead & put your 'Self-Care Mode' on. Feel like napping? Take a nap. Dance it out! Pamper your skin. Do what it takes to take care of yourself.

Phone-a-friend

This is not just limited to Amitabh Bachchan Ji's KBC! As humans, we are wired to bond with others socially. Since these blues are somewhat the result of that, it's okay to phone-your-friend/ family to connect with them again.