

**Mayo Clinic Minute: 3 tips to keep the holidays from being depressing**

VIDEO	AUDIO
Jason	Most people expect the holidays to be a happy, jolly time. But that doesn't match reality for everyone.
<b>Debbie Fuehrer Clinical Counselor Mayo Clinic</b>	"Maybe your relatives aren't showing up for dinner. Or you are estranged from a family member. Or there are financial concerns. And it's not fitting with the way the holidays are supposed to be."
Jason	People are bombarded by the media during the holidays with expectations of having the next best thing. And that can make you feel depressed because nothing is good enough.
Debbie	"At that point, it's time to switch into gratefulness and connections with other people."
Jason	For example, take time every day to share a treasure with someone.
Debbie	"The treasure could be a funny story, a kind story, something new you've learned or something beautiful in nature."
Jason	And try lowering your anxiety by being mindful.
Debbie	"Paying attention to your senses — what do you hear, smell, see, taste and touch."
Jason	And pay it forward with random acts of kindness.
Jason	For the Mayo Clinic News Network, I'm Jason Howland