

# How to overcome seasonal sadness

## It's okay not to be so merry

If you feel sad or struggle around the holidays, being honest about it helps others understand what you're going through. You are not alone; there are many people who feel the same way. Be patient and kind to yourself and seek help if you need it.

**Visit [MagellanHealthcare.com/Holidays](https://MagellanHealthcare.com/Holidays) for more resources on holiday emotional wellness and COVID-19.**

