

# Feeling Down? You Could Have the January Blues

January is a tough month for many people. For a good two months before the end of the year, most people are upbeat and look forward to the festivities. There are parties, gift giving, celebrations, and more, that fill your time. But then, in a flash, they are over.

There isn't much to January as far as celebrations or holidays go. Everyone is back to work and feeling the let down that the festive season has passed. It is especially difficult in areas that are cold and snowy. Getting hit with a snow storm drags you down even faster.

If you are feeling this, you are experiencing the January Blues. It is normal and happens every year. Some people throw parties to keep their spirits high. That's not a bad idea. If you are feeling a bit down during the January slump, consider throwing a party yourself. You can even call it the January Blues Buster party. The good news is you don't have to invite too many people for this to work.

Some people choose January as their vacation months to avoid the let down of January. That isn't a bad idea, either. If you have the financial means, consider heading to a location that is warm, possibly a beach vacation. For many people, their wallets take a hit during the holidays. If you don't have the cash to go on vacation, take short day trips to areas near you. You'll be surprised what is available in your area. If there is nothing available in your area, consider overnight trips to small towns where hotel stays are inexpensive. January is not a heavily traveled time, so you should be able to catch some great deals.

January is not a great month for people to be alone. For this reason, spend time with family and friends. Make it a point to see people at least once per week, preferably more. If the people you know are not available, use the time to make new friends. You'll find plenty of people experiencing the January Blues who would love to spend time with others. Spending this time with people makes a big difference in getting through the situation.

Consider starting a hobby during January. Try to find pastimes or interests that involve others. That's a great way to meet people who share similar interests, and it helps take your mind off of the slow month of January.