

Taking a Closer Look at the “*Holiday Blues*”

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We've all used the term before. Either to describe our own feelings or those of others around the holiday season. But, what exactly are the Holiday Blues? And, is there anything that can be done to ward them off this year?

we take a closer look at this all too familiar winter woe.

WHAT'S IT LIKE?

- Not yourself? On edge? Hard time with concentration?
- Low energy? Feeling discouraged? Just feeling “blue”?
- Not sleeping right? Tossing and turning? Waking up too early? or too late?
- Not eating right? Too much? Not enough? More coffee than usual? More alcohol?

NOW, CONSIDER...

What if this is a holiday or holidays that you do not celebrate, religiously or otherwise, while all around you, it seems, others are caught up in a whirlwind?...

What if this time of year brings stressful family matters to the surface?...

What if this time of year is the anniversary of an unfortunate or difficult event for you?...

What if the unfortunate or difficult event is happening right now?...

WHAT TO DO?

- First of all...*DO LESS*. Rituals and traditions around holidays are very important. They give a feeling of closeness, safety and comfort. However, select your favorite traditions or parts of them and hopefully the ones involving less work and more fun. Don't try to do it all.



- Spend only the money you have budgeted for holiday purchases. Get creative. Sincere giving does not equal expensive giving. Get together with friends. Make gifts. Bake gifts. Give a service like babysitting or washing a car.
- Take good care of yourself. Make a point of going to bed early when you can. Eat healthy foods. Do it now even if you don't usually. Now is a high stress time.
- Use moderation with caffeine. Remember chocolate and lots of soft drinks contain caffeine. Remember the sugar from all those holiday goodies will give you a high, but you will also crash, as with most highs.
- Use moderation in consumption of alcohol. Not only can you make a fool out of yourself which will add to your discouraging thoughts later, but alcohol is a *DEPRESSANT!*
Not to mention the obvious danger of driving under the influence...



Lastly, if you are someone who feels a let down after January 1st, do something *now* to avoid it. Save some fun activities for *AFTER* the holidays; family outings, go bowling, go roller skating, go to the

movies, go visiting, *GET OUTDOORS*. Get some fresh air and some sunshine (if you can locate some). Plan informal get togethers with the friends you won't see before the holidays. How about some volunteer work?

THE BOTTOM LINE IS: BE SENSIBLE. JANUARY 1st WILL ARRIVE IN THE NEW YEAR, JUST AS ALWAYS AND THEN IT IS BACK TO THE ROUTINE, WHICH OFTEN TIMES ISN'T ALL THAT BAD.