

Are you Feeling the Holiday Blues?



The holiday season is upon us! Its time to start planning holiday parties, attending family gatherings, enjoying sweet treats, and shopping for that perfect gift. Although the holidays are supposed to be a time full of joy and cheer, for many people, the season isn't so bright. The mountain of holiday tasks can seem overwhelming and stressful. A time for family and togetherness can be a time of loneliness and pain for those individuals who are away from family and friends for the holidays or who are coping with or grieving for the loss of a loved one. Anxiety about the future, reflection on past failures, and worry from too many commitments and stretched finances also tend to resurface during the holiday season.



Holiday Blues

This stress and anxiety can lead to the onset of the "Holiday Blues," a condition characterized by feelings of depression and frustration. If you're feeling the Holiday Blues, your Employee Assistance Program can offer guidance on how to cope with stress and depression so that you can truly celebrate the warmth of the season.

Tips to Avoiding the Holiday Blues

- *Have realistic expectations for the holiday season and for yourself. Be realistic about what you can and cannot do.*
- *Let others share the responsibility of holiday tasks. Remember to take a few minutes for peace and quiet, just for yourself.*
- *Pace yourself. Make a list and prioritize the important activities. Give yourself permission not to attend every party, celebration, or family gathering.*
- *Find some free holiday activities, such as looking at holiday decorations, going window shopping without buying, or attending free holiday celebrations.*