



Take Care of YOU

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The Holiday Blues

The holidays are upon us, and many among us experience excitement and joy as we plan for the festivities that the holiday season brings. We think about family, sharing meals, baking cookies, fond memories of seasons passed, and hopeful anticipation of those to come.

However, the holiday season is not a universally joyous occasion. Many people experience the holiday season, not with feelings of joy and anticipation, but of stress, sadness, and isolation.

Some of us struggle mightily as we approach the holiday season, as it can bring increased distress from thoughts of troubled holidays past, challenging family dynamics, or missing someone who is no longer with us. Loneliness and anxiety can easily set in. It is okay to acknowledge when you may not feel the joyous rapture that the holidays bring to others or that the commercialization of the holidays indicates you 'should' feel. We all celebrate the holiday season differently, and that is okay.

- Paul Ingram, Clinical Director

What can help fend off the holiday blues

- Set (and keep) boundaries (e.g. it is okay to decline an offer or request for your time)
- Talk to those you trust about your holiday distress
- Take care of your body (i.e., get enough sleep and water, appropriate nutrition, physical activity)
- Take time for yourself
- Make an achievable to-do list
- Set reasonable expectations for yourself