

South Central's Health on Blast

Holiday Blues

- A number of factors, including unrealistic expectations, financial pressures, and too many commitments can cause stress and anxiety at holiday time.
- Certain people may feel anxious or depressed around the winter holidays due to seasonal affective disorder (SAD), sometimes referred to as seasonal depression.
- Seasonal Affective Disorder (S.A.D) can affect people as young as 15.
- The winter holiday season, for most people is a fun time of the year, but for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.
- A simple history and physical exam may be all that is needed to diagnose a case of the holiday blues.

South Central's Health on Blast

- People who are lonely or have feelings of disconnectedness often avoid social interactions at holiday time. Unfortunately, withdrawing often exacerbates the feelings of loneliness and symptoms of depression.
- Headaches, excessive drinking, overeating, and insomnia are some of the possible consequences of poorly managed holiday stress.
- Those suffering from any type of holiday anxiety, depression, or stress can benefit from increased social support during this time of year.
- A regimen of self-care during the holidays, which includes eating a healthy diet, maintaining a regular sleep pattern, and exercise.

South Central's Health on Blast

Dealing with Holiday Depression

Begin a new tradition. Plan a family outing or vacation instead of spending the holidays at home.

Don't succumb to holiday pressures. Feel free to leave an event if you aren't comfortable.

Volunteer. Work at a soup kitchen, organize a gift drive.

Get back to nature. Going for a walk in the park.