

## **HOLIDAY BLUES REVISITED!**

*If we took a holiday, Took some time to celebrate  
Just one day out of life, It would be, it would be so nice...Madonna*

### **WHAT TO KNOW!**

- ❖ The holiday season tends to magnify everything; it is a special time where people believe they/others should be happy, friendly, loving, and caring but often don't feel it
- ❖ Holiday blues are common for many people and can be easily dealt with
- ❖ A survey by the National Women's Health Research Center indicated that nearly 2/3 of women suffer from holiday depression, possibly due to extra responsibilities
- ❖ Holiday blues usually refer to feelings of depression and anxiety
- ❖ Holiday blues can also include headaches, insomnia or changes in sleep patterns, worry, stomach problems, conflicts with others, food/alcohol/drug abuse, tearfulness, and decreased interest in pleasurable activities
- ❖ Holiday blues differ from a depression in that they are unusually intense and unsettling, are short lived, and usually subside after the holiday season
- ❖ Holiday blues are often caused by:
  - ❖ the inability of reproducing earlier and more festive holiday times
  - ❖ having high expectations that the gifts, parties, homes, etc. will be perfect
  - ❖ families not being together due to divorce, distance, loss, and conflict
  - ❖ financial pressures as wanted gifts may not be able to be purchased
  - ❖ being alone when the media creates expectations for people to be with others
  - ❖ memories of lost family and other loved ones
  - ❖ change in diet and change in daily routines
  - ❖ the stress of shopping for gifts for family, friends and others including more things to buy, more things to do, increased traffic, crowded stores, etc.
- ❖ Emphasis on discount buying has also overshadowed the meaning of the holidays

### **WHAT TO DO!**

- ❖ Set and keep your expectations for the holidays realistic and manageable
- ❖ Set and keep a budget and stick to it
- ❖ Organize your time, set priorities, and stick to them
- ❖ Do not be hard on yourself and do only what you can do
- ❖ Delegate responsibilities to other family members
- ❖ Do not be taken in by overcommercialization and the fabulous shopping sales
- ❖ Let go of the past and embrace the future
- ❖ Set new family rituals and traditions
- ❖ Keep your eating and drinking at a reasonable level and do not use the holidays as a justification for overindulging
- ❖ Exercise and create time for yourself to pursue relaxation activities
- ❖ Share with others who are less fortunate and volunteer at local charities
- ❖ Reach out to others meaningful to you whom you've lost contact with
- ❖ Expect things to go wrong and for there to be arguments
- ❖ Find holiday activities that are free to do
- ❖ Spend time with caring and supportive friends
- ❖ Seek professional help if you have holiday blues that interfere with your functioning or do not end when the holiday season is over

### **WE CAN HELP!**

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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