

## **The Holiday Blues**

### **Possible Signs:**

- Increased irritability
  - Tearfulness
- Difficulty making decisions/concentrating
  - Excessive feelings of guilt or sadness
- Lack of interest in activities once enjoyed
- Increased use of alcohol or other substances as a way to cope or reward one's self
  - Sleeping more (or less)
  - Eating more (or less)

### **Possible Triggers:**

- Anniversary reaction to loss or past holiday disappointments
- Pressure to participate and/or provide for family members or loved ones
  - Feeling isolated or left out of celebrations
  - Lack of meaning behind activities

### **Try these Antidotes to the Holiday Blues:**

- Observe your thoughts and subsequent feelings
- Cry, acknowledge that you are sad and allow the tears their full expression
  - Simplify, if you are overwhelmed with too much to do, let the list go
    - Recommit yourself to living not doing
- Make a list of things you enjoy, pick one to do each week leading up to the holiday
  - Breathe