

# Hectic Holiday?



## **Battling Holiday Depression and Stress**

While some anxiously anticipate holiday parties, cookie exchanges and gift wrapping, others dread the holiday season. In fact, the obligations and stresses that accompany this time of year can take their toll on even the merriest of individuals.

Holiday-related stress and depression can cause headaches, excessive alcohol consumption, overeating and insomnia. To combat these side effects, it is best to identify the cause of your stress and then take the necessary steps to rectify them. Consider the following suggestions as well:

- Do not feel as though you **MUST** meet all family obligations.
- Ask others for assistance in hosting gatherings, purchasing presents, etc.
- Make a list of priorities that you must accomplish and put them in chronological order so you do not become too overwhelmed.
- Do not compare today's moments with yesterday's memories.
- Consider volunteering to help others, especially if you are feeling lonely.
- Stay active and continue to exercise and eat healthy. Remember to make time for yourself as well.
- Do not overspend. Keep tabs on your holiday budget and stick to it.

