

Beating the Holiday Blues



IAH Resource Line: 866-421-1964

What We're Going to Talk About

- ▶ The causes of the blues around the holidays
- ▶ The effects of the blues on your health
- ▶ Things you can do to cope with seasonal stress

► **What are some of your favorite things about the holidays?**



▶ **What are some of your least favorite things about the holidays?**



Causes of the Holiday Blues

- ▶ Financial worries
- ▶ Comparing life today to what it was in the past
- ▶ High expectations
- ▶ Less daylight and sunshine

What Do the Blues Feel Like?

- ▶ Emotional effects of the holiday blues may include:
- ▶ Feeling sad
- ▶ Feeling angry or irritated
- ▶ Feeling restless or wound up
- ▶ Feeling worried

Physical Effects of the Blues

- ▶ The holiday blues can also change how your body feels and works.
- ▶ Common effects of the holiday blues on the body include:
 - A faster heartbeat
 - An upset stomach
 - Loss of appetite
 - Problems with sleep



Stress and the Holiday Season

- ▶ **What are some things that cause stress around the holidays?**

True or False?

▶ All holiday stress is unhealthy



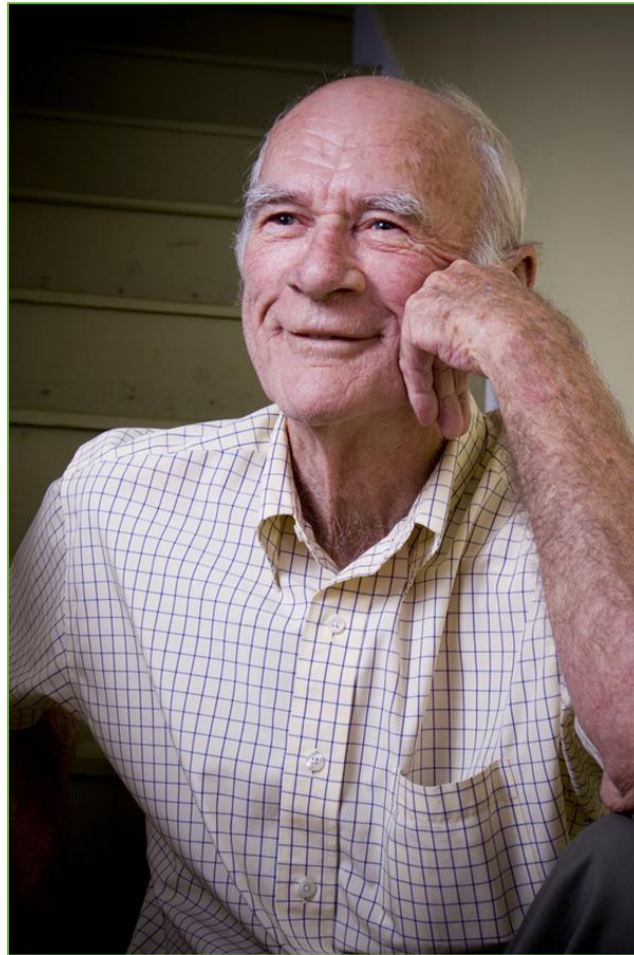
Healthy or Unhealthy Stress?

- ▶ Stress is a normal human response to an event.
- ▶ Stress can help give you more energy to prepare for the holidays.

Healthy or Unhealthy Stress?



Healthy or Unhealthy Stress?



When Are the Blues a Problem?

- ▶ The holiday blues become a problem when they:
 - Cause problems in your daily life.
 - Last for a long time.
 - Affect your physical health.

Coping with the Holiday Blues

- ▶ **What are some bad ways that people deal with the holiday blues?**



Coping with the Holiday Blues

- ▶ **What are some good ways that people deal with the holiday blues?**



Coping with the Holiday Blues

- ▶ Tips on how to manage holiday blues and stress:
 - Stay active
 - Talk to family or friends
 - Plan ahead
 - Focus on the aspects of the holiday season that you enjoy
 - Make time for relaxation
 - Spend time in the sunshine



The Power of Positivity

- ▶ We have control over our thoughts and can make ourselves feel better by thinking positive thoughts.
- ▶ Some ways that you can make your thinking more positive are:
 - Focus on the parts of the holidays that you enjoy.
 - Give back to others.
 - Remind yourself that the holiday season is brief.
 - Take time to appreciate the good things in your life.

Johns Hopkins University. Beating Depression During the Holidays. Retrieved August 25, 2014 from www.hopkinsmedicine.org/news/stories/december_beating_depression_during_the_holidays.html

Get Help for the Blues

- ▶ If the holiday blues are causing problems in your daily life or last too long, it may be a good idea to talk to a counselor.
- ▶ A counselor can:
 - Help you understand why you're feeling blue.
 - Help you find ways to cope with your feelings.
 - Teach you relaxation and other skills.

Questions? Call IAH's Toll-Free Resource Line

▶ 866-421-1964

