

Depression and Anxiety in the Holiday Season.

Holidays are not jolly times for all people.

Almost one in ten people enter the season with dread. Anxiety and depression are on the rise during this over active and emotion laden season. In this struggling economy, the average American's monthly budget is typically doubled over the Holidays. In this atmosphere even more struggles in families will arise. As a nation we over eat and over spend this time of the year. We cut our rest needs and our self-care is sacrificed in order to get all our tasks completed.

The answer is to simplify and plan. Failing to plan is planning to fail. This omission places us in a 'react' mode for six weeks.

Look at the Holidays and plan your activities. Don't over commit. Set limits for yourself. Consider attending only one or two parties over the Holiday. Attend one show or special event. Host just one or two meals during the season. Avoid taking on responsibility for hosting all social gatherings. In these regards, be selfish.

Write down what brings you joy during the holiday season, and navigate that direction. Often we do the things we 'should' do and meet

others expectations. In my case I enjoy baking and listening to holiday music. These activities should take priority over endless office and neighborhood parties and events.

Set a budget for spending and make a gift-giving list. Stick to your list. Avoid impulse buying and late shopping.

Try making a memory with someone you care about verses buying them a gift they really want yet it is not in your budget. Most of us, even children remember the time and event verses the gift on the wish list.

Why condense your good cheer to a time limited holiday season? Teachers can be appreciated anytime during the year. Neighbors may like to get together after the holiday season when the atmosphere is more relaxed. How about an office party in the Fall or late Winter?

Get the plenty of rest and eat healthy when you can. Exercise and walk regularly. Stress can change our bodies and help to break down our immune systems. So take good care of yourself physically.

Most importantly allow spiritual reflection time. By renewing your mind and soul you will be focused and relaxed.

Be good to yourself.

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