

Making the Holidays

More Positive

Holidays are joyful times of festive celebrations with family and friends. And yet for many, that image is far from reality. Loss, loneliness, and nostalgia can make holidays difficult for many people. Some people dread the holidays in secret, and they feel guilty about it.

So, What Gives?

The very thought of the holiday season can send many into a funk. Why? Holidays are often filled with memories that become glorified as time passes, linked to loved ones no longer are in your life. Divorce, death and distance are especially painful at this time. If you feel the holidays bearing down on you, you need to plan ahead.

Quick Quiz

Take the following quiz to see if you could fall victim to the holiday blues. If you answer “yes” to any of the questions, you may heed the following tips.

— Does the thought of holiday celebrations and customs make you feel sad instead of excited?

Article submitted by: Dr. Nancy Gup, Gup and Associates, Inc.



—Do you have a support system to help you thrive instead of just surviving the holidays?

—Can you create a memorable holiday for yourself instead of stress and depression?

Ten Steps

1 Realistic Expectations. Most holiday depression is caused by unrealistic expectations. Will you be the receiver of holiday joy or the giver? Plan how to achieve that goal and keep your expectations in no matter what image is promoted the media.

2 Set a Budget. How much money will you devote to this holiday? Avoid going into debt that might make you feel guilty and depressed. Plan, shop sales, compromise and stick to your budget.

3 Avoid Hectic Schedules. Get enough rest. Sit down with family discuss your calendar. Choose and eliminate. Buy treats within budget instead of always baking and king.

4 Regroup and Revitalize. Set aside time for your favorite holiday story or movie. Create your own holiday environment, one with new traditions that will sustain, nurture and calm you. Use lots of lights to ance the shorter days.

5 Make Plans. Get Structure!

Check the newspaper for house walks and community songfests. Plan your own party. Include those who've lost spouses or whose families are far away. Plan a fun post-holiday activity to look forward to later.

6 Avoid Family Differences.

Heal past hurts through forgiveness or “letting go.” Share fun stories of family members now gone. Build an history to pass down with love and appreciation.

7 Help Those Less Fortunate.

Visit a nursing home or help a less fortunate family. Volunteer at a shelter or soup kitchen. Make a list of blessings. Include challenges hat have built new strengths.

8 Cultivate Spirituality.

Recognize and explore your spiritual beliefs during this season. Honor your customs and the beliefs behind them. Share and discuss them with family and friends.

9 Avoid Excesses.

Don't eat or drink too much. Practice moderation with holiday favorites. Stick with a healthy, high protein Keep your blood sugar stable to mood swings.

10 What the EAP Can Do.

If these tips don't help you feel better about the anticipated stress brought about by the holiday season, the EAP can help. The EAP will help you tackle the holiday blues and the empty feelings that you might be facing during this time of year. You don't have to suffer in silence or alone. Although you may see and hear the excitement of others, we know that it may not be that way for you. Together we will help you devise a personal plan to cope with the present. We'll help you capture the energy and excitement of the future as you face the coming New Year.