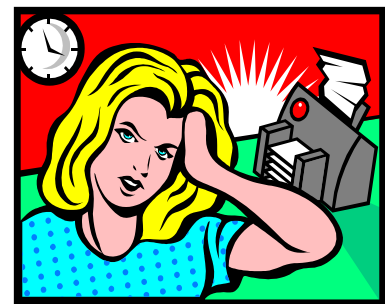


Coping with Stress and Depression During the Holidays

- ◇ Keep expectations for the holiday season manageable.
- ◇ Try to set realistic goals and pace yourself.
- ◇ Organize your time. Make a list and prioritize the important activities.
- ◇ Be realistic about what you can and cannot do.
- ◇ Do not place the entire focus on just one day, but remember it's a season of holiday sentiment, kindness and expressions of love.
- ◇ Remember the holiday season does not banish reasons for feeling sad or lonely. It is okay to let these feelings be present even if you do not choose to outwardly express them.
- ◇ Enjoy activities that are free, such as driving around and enjoying the holiday decorations or window shopping or making a snowman with children.
- ◇ Be aware that excessive drinking will only increase feelings of depression.
- ◇ Spend time with supportive and caring people. Reach out to make new friends or contact someone you have not spoken with in a while.
- ◇ Save time for yourself! You are only one person and can accomplish only so much. Be kind to yourself and make time to relax.

Holiday Depression & Stress
National Mental Health Association
www.nmha.org/infoctr/factsheet/103.cfm



You Know You're Too Stressed When.....

- ⇒ You can achieve a "runner's high" by sitting up.
- ⇒ You feel like you are missing several days from the week.
- ⇒ You and reality file for divorce.
- ⇒ Antacid tablets become your sole source of nutrition.
- ⇒ You ask the drive-thru attendant if you can get your order to go.

The increased need to communicate during the holiday season

As the hectic holiday season approaches, an increased level of stress becomes apparent in many families. This can result in ineffective communication between family members.

People rushing off to complete the multitude of errands they set for themselves may become so preoccupied with what needs to be bought, done or made, they may fail to listen to each other, which increases the amount of stress they experience. Learning to listen effectively to the people around you during the busy holiday season requires concentration, tolerance, rephrasing and sensitivity.

Also, using “I” statements instead of “you” when expressing how you feel can help to open the lines of communication. Ultimately, finding time to spend together and talk about how family members are feeling “i.e., overwhelmed, tired, sad, tense, excited” will help in diminishing the overall amount of holiday stress individuals are experiencing.

University of Kentucky Cooperative Extension Services



If you would like a copy of the brochure, “Happier Holidays! Managing Unhealthy Stress During the Holiday Season” please call 201-634-2704.

STRESS MANAGEMENT SERIES AT HOLY NAME HOSPITAL

Our six-part stress management series, being conducted at Holy Name Hospital, has been enthusiastically received. Participants are enjoying the sessions and taking away valuable tools to manage stress levels. The goal of the series is to introduce participants to a variety of management tools so they can utilize the tool best suited to their individual personalities.

It’s not too late to register for the last session. It will be held at Holy Name Hospital in Marian Hall from 7pm-8:30 p.m. The fee is \$20. The final date is:

January 7 - “Using Dialogue to Manage Stress”

For more information or to register, call Holy Name Hospital’s Community Health Department at 201-227-6250.

PLEASE CONTACT US.....If you would like to attend the monthly Managing Unhealthy Stress Team meetings or would like additional information, please contact Marge Doremus at 201-634-2703.



Bergen County Partnership for Community Health, Inc.
Community coalition to protect and improve the health of Bergen County residents
For more information call the Executive Director, Jackie Lue Raia at 201-929-5970 or
e-mail to jlueria@bergenpch.org

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