

FOR IMMEDIATE RELEASE

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Holiday Blues

"Holiday blues" is a term used to describe a feeling of sadness or depression that some people experience during or after the holiday season. While many people look forward to holidays as a time of celebration, relaxation, and spending time with loved ones, others may find the holidays to be a source of stress, loneliness, or anxiety. There are several reasons why people might experience holiday blues:

- **Loneliness:** For some, the holidays can highlight feelings of loneliness, especially if they are separated from their loved ones or have experienced recent losses.
- **Financial Stress:** The pressure to buy gifts, travel, and host gatherings can lead to financial stress, which can contribute to feelings of anxiety and sadness.
- **Unrealistic Expectations:** Many people have idealized notions of what the holidays should be like. When reality doesn't match these expectations, it can lead to disappointment and sadness.
- **Family Conflict:** Holiday gatherings can sometimes bring together family members who have strained relationships, leading to tension and conflict.
- **Seasonal Affective Disorder (SAD):** Some individuals experience a type of depression called Seasonal Affective Disorder, which tends to occur during the fall and winter months when there is less natural sunlight.

If you're experiencing holiday blues, here are some strategies that may help:

- **Reach Out:** Talk to friends and family about how you're feeling. Sharing your emotions can be cathartic and may lead to understanding and support.
- **Set Realistic Expectations:** Don't put too much pressure on yourself to have a perfect holiday. It's okay if things aren't picture-perfect.
- **Self-Care:** Take care of your physical and emotional well-being. Get enough sleep, eat well, and engage in activities that bring you joy and relaxation.
- **Volunteer:** Helping others during the holidays can be a great way to lift your spirits and create a sense of purpose.
- **Professional Help:** If the holiday blues persist and are severely affecting your mental health, consider speaking with a mental health professional or therapist.

Remember that holiday blues are a common experience, and you're not alone. It's okay to seek help and support if you're struggling during this time. If you or someone you know becomes suicidal, the number for the suicide and crisis lifeline is 988.

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