



## FOR IMMEDIATE RELEASE

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## Happy Holidays or Holiday Blues?

**EAU CLAIRE, Wis.-Dec. 20<sup>th</sup>, 2017**—The holiday season is here. While it may be filled with fun and excitement, it also may be filled with depression, sadness, and feelings of stress. The Health Department wants to remind everyone in the community to remember to take care of themselves over the holidays.

*According to the American Psychological Association, 38% of us feel extra stress and sadness over the holidays. Dealing with stress or feeling down is common at this time of year. For most, these feelings will lift after the holiday season is over. “These feelings happen for many reasons: recent loss of loved one, financial worries, overwhelming expectations, or busy or disrupted routines,” says Chelsie Smith, Public Health Nurse.*



### Here are a few ways to help lessen stress over the holiday season:

- **Realize its ok to say no** when you have too much going on.
- **Reach out** to others if you feel lonely or sad. Community and religious events offer support during this time of year.
- **Consider doing something for someone else.** Helping others often brings feelings of joy and releases tension.
- **Keep (or start) healthy habits.** Get enough sleep, avoid overeating and excessive alcohol use, and keep active.
- **Take care of yourself.** Take a walk, enjoy the outdoors, read a book, or do anything that you enjoy, even if it’s for 10 or 15 minutes each day.
- **Ask for help and support** from family, friends and health professionals if symptoms of anxiety and depression feel like more than typical holiday blues.
- **Notice those around you.** Are others around you suffering from stress and depression? Check in and ask what support you can offer. This can make all the difference for someone who is struggling.

“Some life events we cannot change, but if we remember to take care of ourselves over the holiday season, we can cope better with holiday stressors,” says Smith. Find more tips and suggestions for holiday stress at <http://www.mhawisconsin.org/holidaystress.aspx>.

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