



# BalanceWorks® Newsletter

Written by the work/life experts at **eni**.

## Surviving the Holiday Blues

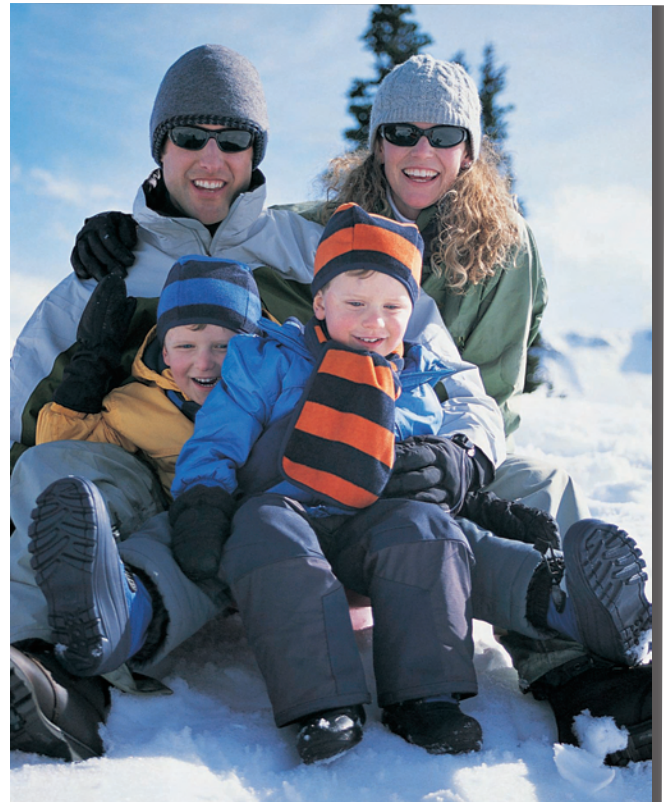
The holiday season is usually a time for joy, happiness, and cheer. However, the stress and pressure of the holidays are often more than some can handle. Many people feel lonely, sad, or overwhelmed during December holidays. This condition is known as the holiday blues, or holiday depression.

The holiday season has become more than simply family gatherings and celebrations. Its presence lingers in so many places that you may feel unable to escape the seasonal stress. Maybe you have memories of a loved one you lost around the holidays. The constant pressure and sad reminders can push you into the blues.

### Causes:

- Increased stress
- Unrealistic expectations
- Pressure to fulfill expectations
- Loss of a loved one
- Nostalgia
- Over-commercialization
- Fatigue
- Change in diet

While the Holiday Blues are somber and intense throughout the season, they usually last only a few days to a few weeks before or after the holiday. Once you are back in your usual routine, the blues will most likely subside. Holiday Blues are not considered clinical depression.



### To cope with your holiday blues, read these Do's and Don'ts:

#### Do:

- Prioritize
- Organize your time
- Be realistic
- Budget your spending
- Stay healthy
- Let yourself be feel sad
- Let go of the past
- Give yourself a break

#### Don't:

- Focus on the past
- Overspend
- Expect too much
- Overindulge in food
- Drink too much alcohol
- Focus on negatives
- Over plan

If you have the Holiday Blues, or know someone who does, find someone to talk to for support during this difficult time.

For more information or advice about Holiday Depression, contact the work/life experts at BalanceWorks.

**1.800.327.2255**

**eni's** BalanceWorks program is a confidential 24-7 service provided by your employer to help achieve work/life balance.



## Recovery

If you are experiencing any of these stages, you can take steps to recover from your grief, especially during the holidays. Keep a close circle of family or friends to be your support system. Talking to others and knowing that you are cared for will ease some grief and stress. It helps to keep up with healthy self-care habits for physical strength. Eat balanced meals, exercise, and try to stay away from alcoholic drinks.

If your loved one is experiencing these stages, be supportive. Be a good listener, reassure your loved one, and offer to help them with daily tasks. Make sure to be available for the grieving person so that they don't feel completely alone during the holiday season. Make sure to be patient and understanding because this is a difficult and trying time for everyone involved.

## Holiday Grief

When a loved one has passed away during the holidays, it is easy to relive feelings of grief every year. The season is a time of celebration with family and those you love, but may have become a time of year that you dread. The grieving process has five distinct stages. Understanding the grieving stage of you or your loved one will help you deal with the loss and begin the long process of healing.

1. Denial and Isolation- The thought that “this is not really happening,” and withdrawal from family and friends who want to help.
2. Anger- When a person realizes that their loved one is really gone. The anger is sometimes directed at family, friends, and themselves. The person asks “Why me?”
3. Bargaining- When the anger is vented, the person grieving attempts make a deal with God with the idea that if they “do” something, they can get their loved one back.
4. Depression- The reality of death begins to sink in and the person feels numb or empty. When this occurs during the holidays it is called the “Holiday Blues.”
5. Acceptance- Loss is finally accepted. The healing process can now begin.

For more information or advice about coping with grief during the holidays, contact the work/life experts at *BalanceWorks*

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