



News You Can Use...From Your EAP

Coping with the holiday blues

Feeling sad, lonely or depressed during the holidays is common for many people. If you're feeling particularly "blue" this holiday season, the suggestions below can help you:

Acknowledge your feelings. If you're suffering from the recent loss of a family member, if you're separated from your children or loved ones, or if you've experienced a recent relationship break-up, realize that these can cause great feelings of loneliness and sadness. It is okay now and then to take time just to cry or express your feelings. Recognize and accept that both positive and negative feelings may be experienced during the holidays and that this is NORMAL.

Seek support. Seek out the support or companionship of family, friends or others who comfort and nourish you. Reduce time spent with difficult family members and avoid people who are unsupportive. Tap into workplace support services such as your company's employee assistance program (EAP), which can offer you personalized professional help.

Be realistic. Take stock of your expectations for the holidays and make sure they are realistic. Try to recognize and reframe unrealistic expectations. As families change and grow, traditions may need to change and grow as well. If necessary, create new holiday traditions. Expect and accept imperfection.

Learn to say no. If you're really feeling out of sorts, you may want to avoid some festivities because they are out of sync with how you are feeling. Try to tell those around you what you really need, since they may not know how to help you, and ask for their understanding if you decline an activity.

Getting help

For some people, the holiday blues can lead to more serious depression. If you continue to feel "down" for several weeks, and you experience changes in appetite, difficulty sleeping, unusual fatigue, severe anxiety or persistent unhappiness, contact your doctor or a health care professional. You may be suffering from clinical depression and the sooner you begin treatment, the sooner you can recover.

Your EAP is here to help

Remember, your Employee Assistance Program (EAP) can help you with any type of personal, family or work-related concern. To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: www.eapconsultants.com. We're here to help you.