



COUNTY OF KENOSHA

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FOR IMMEDIATE RELEASE

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Tips for Coping with the Holidays

Kenosha – December 17, 2012 - Happy Holidays! Or is it? For many, holidays bring feelings of sadness or depression, not joy and fond memories. Recognizing that this is not a happy time for you, that it's ok to cry, and acknowledging your feelings are essential steps in trying to make the holiday season a happier time.

Some tips for coping with the holidays.

- Stay healthy – this starts by eating right. The opportunity to overeat seems to be all around us. Eat a healthy snack or drink a glass of water before attending a holiday gathering. Getting enough sleep and keeping your exercise routine are also key to staying healthy.
- Volunteer – this helps lift your spirits while helping others. It can also help you meet new friends who share common interests.
- Schedule some down time – if we are constantly running around shopping, baking, cleaning, entertaining we have no time for ourselves. By planning ahead you can avoid last minute trips for things that have been forgotten. It also allows you time to de-stress.
- Don't overspend – Know what your budget is and stick with it. After the holidays when the bills arrive you will be thankful you stuck to your budget.
- Spend time not money – Enjoy the Christmas lights in your neighborhood, watch a school play or attend a holiday band or choral concert.

The key to enjoying the holidays is to prevent stress and depression from occurring. Learn to recognize what your holiday triggers are, like out of town guests or holiday spending and take steps to address them before they get you down. By planning ahead and thinking positively about the holidays can help you enjoy "the most wonderful time of the year."

Can't shake feeling blue? Talk to a professional. For information, please contact the Crisis Hotline at 262-657-7188 or 800-236-7188 to speak with a crisis counselor 24 hours a day – everyday, including weekends and holidays.

NAMI Kenosha is also holding support sessions on Thursday, December 27, 2012 at St. Paul's Lutheran Church starting at 6:00 p.m. Call 262-605-9038 for information.

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