



ST. CLAIR COUNTY HEALTH DEPARTMENT

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*****Press Release*****

Date 12/20/2013

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Beat the Holiday Blues



As the holidays draw closer, some may be feeling what has become known as the “holiday blues.” The hustle and bustle, time constraints and expectations present dizzying demands.

“It is not unusual for many of us to feel sad or lonely during the holiday period - a condition that has come to be called holiday blues or holiday depression,” said Dana Rosenzweig, Director of the [St. Clair County Mental Health Board](#).

The St. Clair County Mental Health Board acts as the local mental health authority for St. Clair County.

“Although the holidays are expected to be a time of joy, the gap between a person’s expectations and the reality of the experience can be disappointing and painful. To ensure that your holidays are pleasurable, it’s important to evaluate how you spend your time and have realistic expectations,” Mr. Rosenzweig said.

According to experts at [Mayo Clinic](#) and the [Illinois Department of Public Health](#) a few simple suggestions can help.

- Don’t be too hard on yourself. Be reasonable with your schedule. Don’t overbook yourself.
- Organize your time. Decided what your priorities are and stick to them.
- Be realistic. The holidays don’t have to be perfect.

- Stick to a budget. Before you shop, decide what you can afford to spend. Then stick to the budget.
- Give yourself a little time to do the things you love and need to do for your physical and emotional well being. Find something that reduces stress by clearing your mind, slowing your breath, and restoring you inner calm.
- Don't abandon healthy habits. Over indulgence only adds to stress and guilt. Continue to eat healthy, get plenty of sleep and physical activity.
- If you drink, do not let the holidays become a reason for over indulgence and hangovers.
- Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious. If the feelings persist talk to your doctor or mental health professional.

Improving mental health was established as a priority in St. Clair County as part of a comprehensive community health assessment of needs and five year community health plan developed by the Health Care Commission and adopted by the [St. Clair County Health Department](#).

Source: [Illinois Department of Public Health](#)

[Mayo Clinic](#)

[U.S. Department of Health and Human Services](#)

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