

Holiday Blues



OFFICE OF COMMUNITY &
ECONOMIC DEVELOPMENT
Collaborative solutions for a promising future

What is Holiday Blues?

The holidays can be stressful. This can create feelings of anxiety or depression in older adults. It is only temporary, yet should be treated seriously.

What are the causes?

Holiday blues can be brought on by seasonal changes such as less sunlight, the inability to be with family, changes in diet, sensitive memories, and unmet expectations.

What are the symptoms?

Fatigue, tension, frustration, loneliness/isolation, sadness, feeling of being lost, appetite changes, lack of concentration, and irritability.

How to avoid/treat/help a family member:

Keep a normal routine, spend time with family and caring people, get exercise, have a to-do list, keep reasonable holiday expectations, listen to music and relax, sleep well, eat in moderation, limit alcohol beverages and be patient.

How to maintain a healthy weight during the holiday:

Keep active: Physically, mentally, and socially. Eat in moderation; don't drink alcoholic drinks if feeling down.

Resources for Mental Health Services

- * CSSW Behavioral Health Services (734) 926-0155
- * WC Community Mental Health (734) 544-3050
- * Chelsea Behavioral Health Services (800) 328-6261
- * Jewish Family Services (734) 769-0209 / info@jfsannarbor.org
- * U of M Psychiatric Emergency Services 24-hour Crisis Center (734) 996-4747