Defeat the Holiday Blues

The Christmas season (and other holidays, to a lesser degree) leave millions of people blue, not joyful. Contributing factors include:

- Family members who live far away.
- Memories of a loved one who has passed away.
- Financial problems.
- Fatigue and feelings of being overwhelmed by tasks and obligations associated with the holidays.
- Idealistic expectations.

Some ways to prevent the holiday blues include the following.

- Begin holiday preparations well in advance, to avoid becoming overwhelmed.
- Delegate chores like writing greeting cards or baking cookies to other members of the household.
- Don't drink alcohol if it makes you moody and depressed.
- Don't expect everything—food, decorations, family get-togethers—to be perfect for the holidays.
- Don't spend beyond your budget.
- If keeping old holiday traditions is painful, start new ones.
- If you expect to be alone for the holidays, don't wait to be invited somewhere; invite people over.