

Holiday Blues

Worried about how you are going to survive another holiday season without catching the holiday blues?

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The idea of a few days off work and sky-high expectations about having a “jolly good time” with family and friends sometimes has the opposite effect. We find ourselves anxious, depressed, overwhelmed, stressed out, and wondering why we can’t seem to relax and enjoy the holidays. We expect to be happy, be together, give and receive love and gifts, but instead we find ourselves increasingly distressed, arguing with the people we love. Perhaps we don’t have a family to celebrate with and get reminded of what we don’t have. The holiday season is often a time where wants and needs surfaces and where we suffer if they aren’t being met. For many people the holiday spirit is being taken over by the holiday blues.

In times when expectations run high, we set ourselves up for disappointments. Moreover, we start to recognize a feeling of dissatisfaction – a feeling of disappointment that we aren’t living the life we have dreamed about living. Most of the time we are too busy making a living, helping kids with homework, running errands, etc. We hardly give ourselves time to think or feel. Given a few days off our busy schedules combined with expectations of peace and joy and family togetherness we have a recipe for the holiday blues.

Tips to overcome the holiday blues:

Appreciate own abilities and best effort. Think about a time in your life where you felt life was satisfying. Make a note of what *you did* to create satisfaction at the time, and what that says about your abilities, skills, talents, etc. Now, appreciate what you are capable of when you put your mind and heart into it. Create situations this holiday season where you can use your special abilities.

Create own holiday traditions. Be aware of advertisements and medias expectations of you. Decide what you think characterize a good time and make your own expectations and traditions for the holidays. Give yourself time to do what you love to do.

Don’t receive unwanted gifts. Disregard negative remarks about you, both those coming from other people and those coming from your inner critic. Be assertive and compassionate, but don’t receive something you don’t want.

Take this opportunity to empower yourself. In times of crisis opportunities arise for you to reflect on what you have, what you miss, and what you need in order to grow and live the life you dream about. We are always creating. The question to ask is: Are you creating the life you want? When you regard yourself as being valuable and capable of creating the life you want, you have started the process of gaining personal power.

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