Staying healthy for the holidays

Holiday stress and depression

While the holiday season can be a time of joy, it may bring stress and depression for some people. Many things contribute to the "holiday blues": fatigue, money problems, over-commitment, and missing your family or friends. Some people respond to the stress by drinking too much, over-eating/under-eating, or having difficulty sleeping, which makes the stress or depression worse. Some people experience a post-holiday let down after January 1.

If you experience stress or depression that impacts your day to day activities talk with your doctor or therapist.

Symptoms of Depression

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, or making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide or suicide attempts
- Restlessness and/or irritability

If you experience five or more of these symptoms every day for two weeks, talk with doctor – you may be suffering from depression.

To cut back on holiday stress:

- Take breaks from group activities
- Go for walks when you can
- Keep a regular sleep, meal, and exercise schedule
- Manage your priorities and commitments
- Set a reasonable alcohol limit
- Get plenty of rest

Holiday stress can sometimes trigger depression.If you feel depressed, talk to your doctor about ways to get help. Getting treatment is important for your overall health.

Our Care Managers are here to support your overall health. To contact a Care Manager, call 1-877-222-1240 (TTY 711), 8 a.m. to 5 p.m. ET, or email Case.Management@Univera.com

UniveraHealthcare.com

UN-3287/16639-22M

univera HEALTHCARE