



# Arlene Rosenberg

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**“If you can Say It, See It, Be It” you  
will have everything you want!”**

## **Holiday Blues**

Simply put, the "Holiday Blues" are feelings of overwhelm, depression and stress. I believe that they come from an expectation that we can't enjoy the holidays unless they are "Hallmark" perfect. Many of us create unrealistic expectations of ourselves and all those around us. What if you didn't have expectations this holiday and instead worked on just being in the moment, appreciating all that is going on around you. If you are finding yourself fatigued because you are dealing with a dizzying array of demands such as work, parties, shopping, baking, cleaning and caring for your young children, elderly parents or kids on school break then it is time to **HALT. Remember this acronym stands for hungry, angry, lonely, and tired.**

Immediately find time to retreat (even if it's in the bathroom all alone). Then, the most important thing you can do is acknowledge your feelings. Reassure yourself that everything you are feeling is normal. A good way to release is to let yourself cry and feel sad. Then, promise yourself that from this point further you are going to take a minimum of 15 minutes each day to be alone with yourself, exercise - take walks alone or with your family, eat before you go to parties so as not to overindulge in food or drink. If you are lonely, get out and volunteer. Helping others will get you off your issues and you'll start feeling good about giving. Find people with whom you can window shop or go to light shows. Form a caroling group with people you know who live alone. Only choose to be with caring and supportive people when at all possible. Make sure you ask others to be with you and help you with your chores. If you wait until someone offers, you may just be disappointed.

Because this is an especially difficult time to be with family members who trigger your negative emotions make the decision you will not take personally what others are saying or doing. Remember their bitter words and actions are about them not YOU. Say positive things to family members even when they are negative. Try sending love from your heart to theirs. If things get out of control, remove yourself from the situation. This is the time for a 15 minute break. Remember you come first and when you are calm, rested and feeling secure everyone will respond to your behavior. When you love yourself, others will be able to love you back.

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