

Beating the Post-Holiday Blues

by Paddy Kutz, Executive Director, Mental Health America of Licking County

Once the flurry of holiday activities comes to an end, the friends and family have returned home, and we must resume our daily routine, we may experience post-holiday stress. We feel the loss of increased support. We are no longer caught up in getting a million things done, so we need to find things to look forward to in these winter days.

There are things to ward off or cope with these post “holiday hazards.”

- Make plans for a weekend trip or special evening outing.
- Invite friends for dinner or an evening of games.
- Visit a shut-in or someone in a nursing home.
- Invite your spouse/friend out for a “date” and let them choose the activity.
- Plan a special activity to do with your children or neighborhood children.
- Spend some time with family and friends reflecting on the holidays,
- Start a new activity. Is there something you have always wanted to try? Go for it!
- The day the holiday decorations are packed away, get fresh flowers for the house.

The possibilities are endless. It is still a matter of attitude and mindset. Make up your mind to not let the post-holiday blues get a grip on you and your life. If that seems impossible, call Mental Health America at 740-522-1341 for a referral for help or email me at paddykutz@alink.com.

MHALC is a partner agency of United Way, Community Mental Health & Recovery Board and NAMI.