

COPING WITH THE HOLIDAY BLUES

By Maureen Bowen

The holiday period is upon us and although it is associated with festivity and merriment, we all know that each of the challenges associated with the event may create some discomfort.

In an effort to support you through this period, here are some helpful hints:

- Ø Keep busy with routine tasks, since familiarity and comfort are close associates. Exercise would also benefit you during this time.
- Ø Do not incur any additional expenditure. Having to balance an already tight budget could only add to your anxiety.
- Ø Stick to your budget. Savings should be included in your expenditure to facilitate some balance in the month of January 2004.
- Ø Try to maintain your current relationships. Making new ones or changing your cadre of emotional support, especially during this period of activity could create undue stress.
- Ø Increase your spiritual support. Enquire as to whether your church or community group has a support system that would allow for positive interactions.
- Ø Ensure your personal safety as well as the security of your home. Attending functions in groups, securing your vehicle in well-lit areas and ensuring that your home is properly secured before leaving and upon your return are vital to your continued wellness.
- Ø Manage your alcohol consumption. If you are the 'designated' drinker then ensure that you hire a 'designated' driver who agrees to follow the rules.
- Ø Pay your bills on time. You need the comfort of your utilities.

Remember there are twenty-four hour hotline services, such as Families In Action, who are willing to support you through this and other seasons. The contact number for Families In Action is 628-2333.

ENJOY THE FESTIVITIES!