

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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IT'S THE HOLIDAYS...SHOULDN'T I BE HAPPY?

The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

What Causes Holiday Blues?

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

Coping with Stress & Depression During the Holidays

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Catrina's Corner

I hope everyone had a relaxing Thanksgiving day spent with family and friends. Now it's time to begin focusing on the holiday season. I know for some the holidays are an extremely joyous time and for others it may bring some sadness or feelings of depression. I've include some information that, I hope, will help you to make the best out of this holiday. Also, we're planning a holiday party for December 7th. We will be providing the dinner so all you need to do is rsvp and come ready to share some good times with old friends and maybe some new ones too. We will be having a white elephant gift exchange. For those of you who've never participated in that before, just simply wrap a gently used item from home that you think someone else may enjoy but that you no longer want. Please know that you are most definitely welcome to attend the party even if you choose to not participate in the gift exchange. We are hoping to see each and every one of you at the party.

Also, December 21st - January 1st, Lorrie and I will be on vacation to enjoy the holiday season with our families. If during this time you experience any medical emergencies, please either call 911 or go to your local emergency room. If necessary, they can contact Dr. Gulick and/or myself for any additional information or guidance they may need. If you have a non-medical emergency such as utility shut-offs or food needs, please call your DHS worker who will be able to direct you to an agency that can assist you. As always, if you absolutely must speak with me, please call my cell phone and I will help you to the best of my ability at my earliest convenience. I hope you each have a happy and healthy holiday and look forward to seeing you all again in 2010.

Clinic Dates

December 18, 2009
9:00 am - 4:30 pm

January 22, 2010
9:00am - 4:30pm

February 26, 2010
9:00am - 4:30pm



Our office will be closed
Dec. 24 - Jan. 1st to
observe the holiday

Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.

Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.

Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person

chooses not to express them.

Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."

Do something for someone else. Try volunteering some of your time to help others.

Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.

Be aware that excessive drinking will only increase

your feelings of depression.

Try something new. Celebrate the holidays in a new way.

Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.

Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.



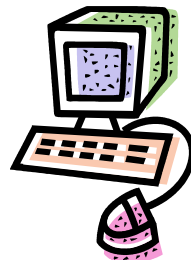
Support Group

- Dec. 7, 2009** Holiday Party
*date and location change...call for details
- Jan. 18, 2010** Topic to be Announced
- Feb. 22, 2010** Topic to be Announced
*date change
- March 15, 2010** Topic to be Announced

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

- www.thebody.com
- www.cmdhd.org
- www.aidsinfo.nih.gov



Questions? Comments?

Contact:

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