



The holidays will soon be here and many of us may be feeling the pressure of getting ready. Shopping, going to parties, baking and many other activities, in addition to our normal tasks, can leave us exhausted. We always have more projects than we have time for. We often have more socializing than we feel up to.

The holidays bring different memories and feelings to each of us. For some, the holidays are a very joyous time; for others they are very emotional and bring up feelings of holidays long past.

It is important to know that symptoms of stress vary with each individual. During the holidays some people have trouble falling asleep or staying asleep. Some wake up early, while others have trouble getting up in the morning. Some gain weight; others have headaches or mood swings. Some experience an inexplicable sadness, while others may miss loved ones who are no longer there.



It is important to remember that the holiday blues are often short-lived and are a reaction to the stress of the holiday season. Although some stress is good, too much stress can make us feel overwhelmed and exhausted.

Here are some ideas that may help you manage the holidays:

- Plan your time and recognize that it is okay to say “no.” Don’t over-schedule yourself.
- Set your priorities and let the less important things wait.
- Recognize that not everything can, or has to be, perfect.
- Delegate tasks to other family members.
- Don’t over-indulge in sweet, high-calorie food. Eat regular meals, especially lots of fruits and vegetables. Watch your intake of alcohol and tobacco. Try to get 6-8 hours of sleep per night.

If you recognize that stress or holiday blues continue beyond the holidays, they may be symptoms of a more serious problem. If that’s the case, it may help to speak with a mental-health professional.

You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life’s challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at lcfs_info@lcfs.org or 800-363-LCFS (5237). Discover LCFS and the services we offer at www.lcfs.org and www.facebook.com/LCFSIL.



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Northern Illinois

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Central Illinois

Trinity Lutheran School, Bloomington

LCFS office, Decatur

LCFS office, Springfield

Southern Illinois

LCFS office, Belleville

LCFS office, Mt. Vernon

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Lutheran Child and
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