



Holiday Blues

***When you're feeling more "bah humbug"
than "fa-la-la-la-la"***

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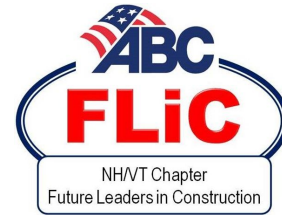
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A little about me...



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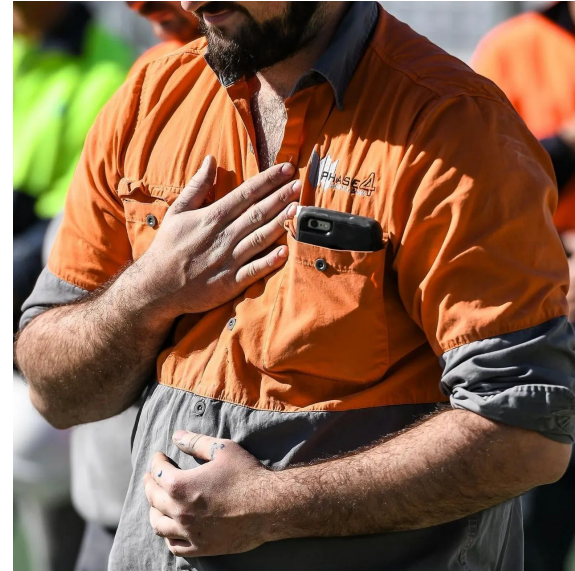
**Captain
Nicholas “*Sloppy*”
Losapio**

US Marine Corp

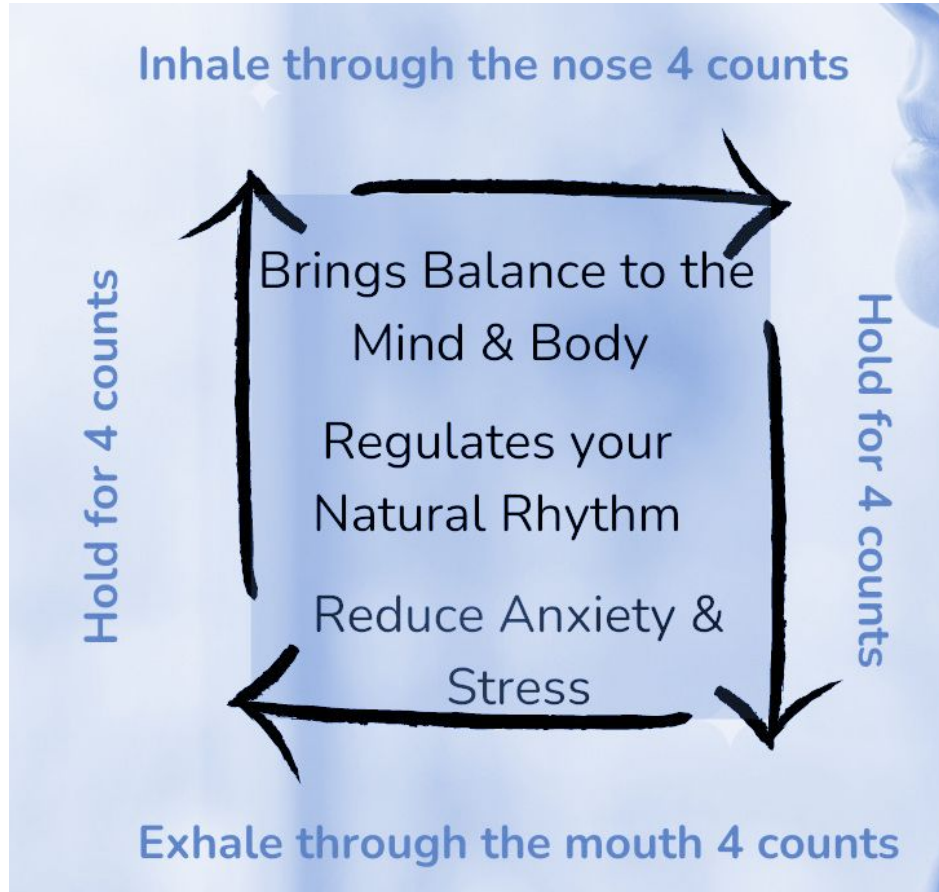
**March 10, 1991 –
June 8, 2022**

Stretch & Flex

Add mindful breathing to your daily routine



Box Breathing



Holiday Blues - What Are They?



Holiday Blues - Common Causes

Family

So much to do! Unrealistic or unattainable expectations

Social stressors, pressures & “the shoulds”

Grief & trauma

It's always so dark outside! (Seasonal Affective Disorder)

Financial difficulties - Everything is SO expensive

Travel & weather

Isolation or loneliness

Temptations & overindulgences



Holiday Blues - Common Signs

- Feeling depressed and listless
- Irritability or mood swings
- Anxiety - feeling worried or anxious
- Feeling worthless or blaming self
- Loss of interest in doing enjoyable activities
- Trouble concentrating
- Changes in sleep patterns
- Eating too much or eating unhealthy
- Excessive substance use



When should stores start playing holiday music?



- a. November 1st
- b. The Friday after Thanksgiving
- c. Never
- d. All year long





Hypothalamus releases stress hormones triggering physiological responses including increased heart rate, perspiration and feelings of irritation and frustration

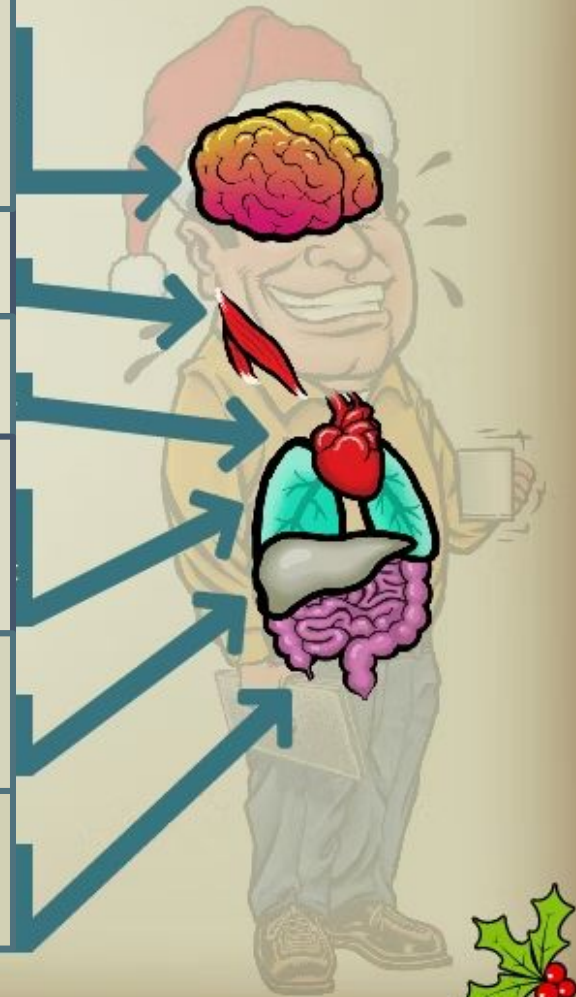
Muscles tense up and may trigger headaches and migraines

Anxiety can cause rapid breathing, hyperventilation and/or panic attacks

Stress hormones released can make the heart beat faster and raise blood pressure

Stress and anxiety can cause nausea, stomach pain or even vomiting

Stress and anxiety can cause diarrhea or constipation



12 Ways to Cope with the Holiday Blues

Volunteer



Be patient &
BREATH



Have an exit
plan



Be realistic -
It's okay to
say no



BE KIND
TO YOUR
MIND

Look for small
moments
of comfort



Stay
active
Maintain a
regular routine



Wear
headphones in
public



Acknowledge
your feelings



Stay balanced



Spend time
in nature



Give yourself
permission to let it be
a normal day



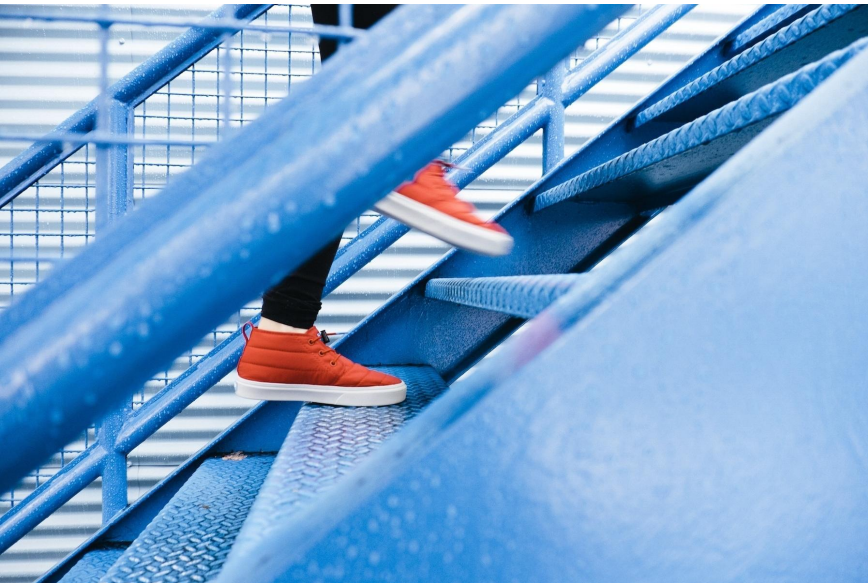
1: Volunteer



2: Stay in touch with others



3: Stay active
& maintain a
regular routine



4: Wear headphones
in public



5: Spend time in nature



6: Get a healthy amount of sleep



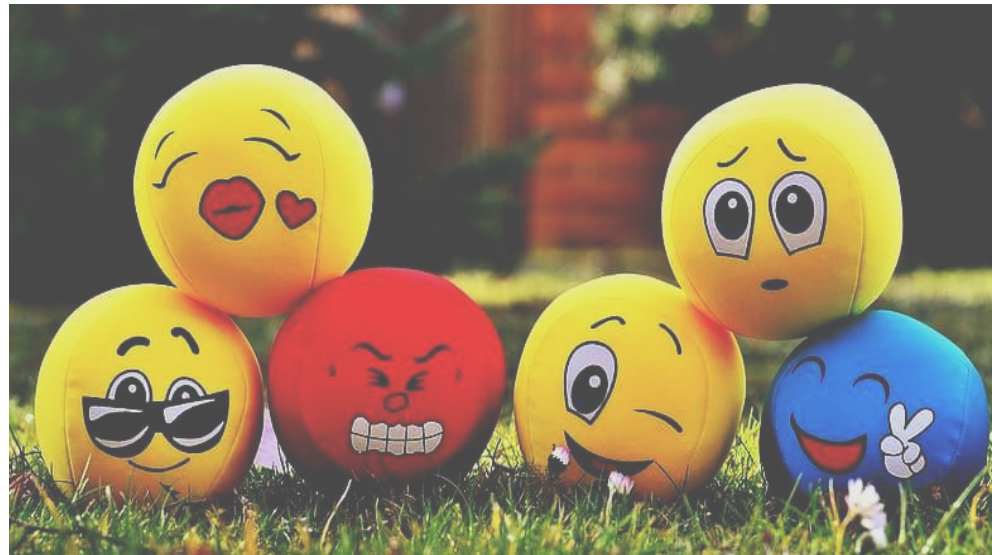
7: Stay balanced



8: Be patient and breath



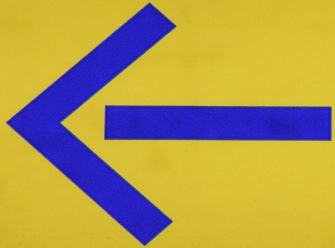
9: Acknowledge
your feelings



10: Be realistic
Set boundaries



11: Have an escape plan

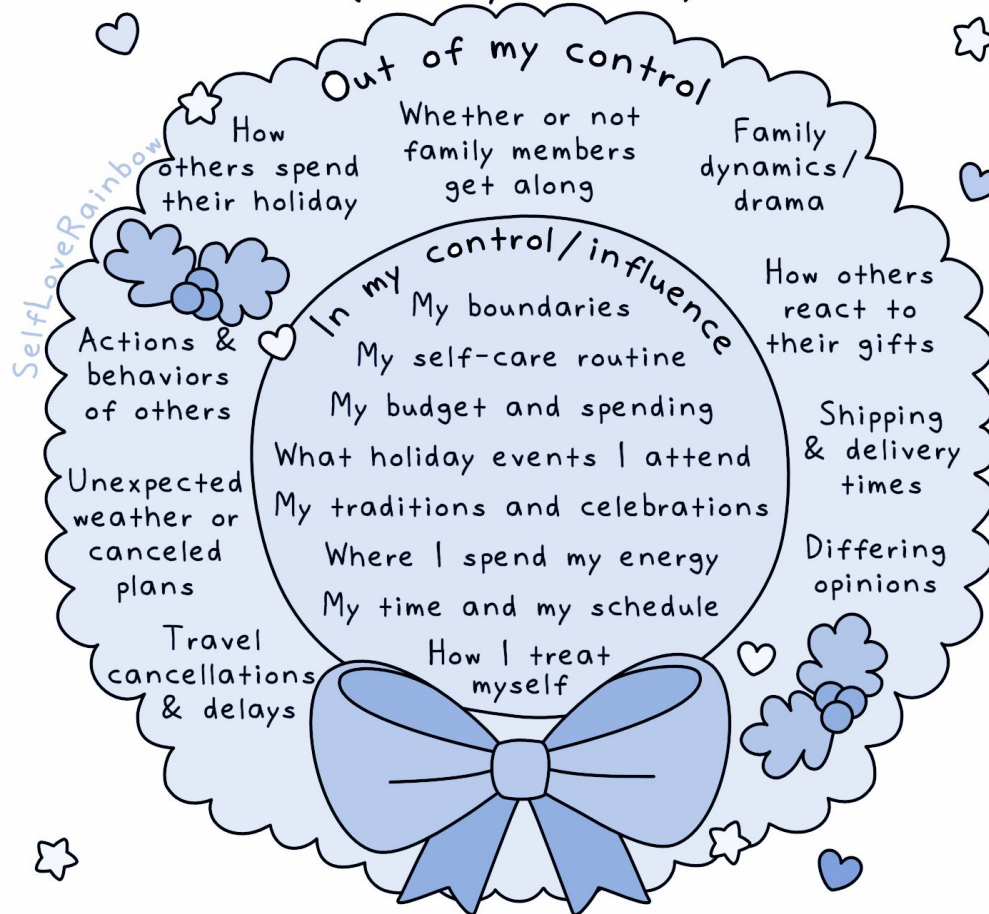


12: Give yourself permission to let it be a “normal” day



The Circle of Control

(Holiday Edition)



What NOT say or do



Avoid giving advice or passing judgement

- ❌ “No one should be alone during the holidays.”
- ❌ “There’s always someone worse off than you.”
- ❌ “Don’t be such a Scrooge.”
- ❌ “Stop feeling sorry for yourself.”
- ❌ “Be grateful for what you have.”
- ❌ “It’s the holiday season - you’re supposed to be happy!”
- ❌ “You need to get out and be with people”



Respond with kindness

- ✓ “I’m sorry you’re having a hard time.”
- ✓ “I can’t imagine what it’s like for you right now. I know there’s nothing I can say to make things better. Just know that I care.”
- ✓ “It’s okay to feel whatever your feeling.”
- ✓ “I understand. You need to do what’s right for you.”
- ✓ “Wow. That’s tough. I’m so sorry you’re feeling that way.”
- ✓ “I can only imagine how hard that must be for you.”
- ✓ “That’s a lot you’re carrying.”

Regardless of the situation, consider this statement:

“I’m going to check in regularly. I don’t expect a response.

I just want you to know I’m thinking of you and I care.”

How to Say “No”

Be honest.

- You don’t need to make excuses.
- You don’t need to give details to your why.

Examples:

- “Right now, I’m going to decline but if I change my mind, I’ll let you know. Thanks for understanding.”
- “This is a tough time for me. Thank you for accepting my decision to opt out.”



Get Immediate Help in a Crisis

Call 911

988 Suicide & Crisis Lifeline

Substance Abuse and Mental Health Administration

Hotline: 1-800-662-HELP (4357)

Disaster Distress Helpline: call or text 1-800-985-5990 (press 2 for Spanish).

Crisis Text Line: Text COALITION to 741741 from anywhere in the United States, anytime.

National Alliance on Mental Health Hotline: Text HELPLINE to 62640

Call 800-950-NAMI (6264), or to chat visit [NAMI.org](https://www.nami.org) click "Chat with us"

Get Help in a Crisis (CDC list of hotlines)

Mental Health Vermont



Live every moment of every day with your heart full of kindness, compassion, gratitude, forgiveness and most important...love.

With Gratitude - Thank You!

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