



# BalanceWorks® Newsletter

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## Post-Holiday Depression

You are taking down the decorations, have turned off the holiday music, and finished your party leftovers—so what's left? You may feel like there is nothing to look forward to, and the cheer has run dry, leaving you feeling lonely and depressed. Although holidays can be difficult, depression does not have to happen after the holidays this year.

### Symptoms of Post-Holiday Depression include:

- Lack of energy
- Lack of interest in pleasurable activities
- Difficulty concentrating
- Increase in sleep and fatigue
- Increased appetite or lack of interest in eating
- Avoiding social situations
- Substance abuse

### You can fight the post-holiday blues by using the following tips and guidelines:

- 1. Keep yourself busy.** The worst thing you can do after the holidays is give yourself enough time to feel sad and lonely. Invite a friend over for coffee, pick up an old or new hobby, or finally get that project done around the house that you have been putting off.
- 2. Leave some decorations.** A few decorations around the house can help you keep some of the holiday warmth in your home. You can leave lights, a

wreath, and candles around your home for comfort.

- 3. Exercise.** If you feel that you have put on some weight after the holidays, this can contribute to your blues. Exercising will help you shed the extra pounds and help clear your mind.
- 4. Get some rest.** You may have lost sleep or felt restless during the stress of the holidays. Make sure to get the recommended 7-8 hours of sleep, not any more or less.
- 5. Put together a holiday photo album.** Viewing pictures from the holidays can help you remember the happiness and cheer you experienced. Create a scrapbook with these photos; finishing this album will help you be proud of your accomplishment.
- 6. Seek financial assistance.** Overspending during the holidays can push many people into depression when the bills begin to arrive. Seek advice from financial consultants to help you get out of debt.
- 7. Speak with a counselor.** If your blues don't seem to dissipate, seek help from a therapist. Simply talking to someone will be a relief, and he or she can provide you with helpful advice to get you through the holiday blues.



For more information or advice about Post-Holiday Depression, contact the work/life experts at BalanceWorks® by calling

**1.800.327.2255.**

**eni's BalanceWorks®** program is a confidential 24/7 service provided by your employer to help achieve work/life balance.



## Cleaning Up After the Holidays



As the holidays pass, guests depart, decorations begin to droop, cookie crumbs accumulate, and you are left with a mess. You may want to clean up right away, or give yourself some time to relax before you tackle the dirty work. Either way, take on the cleaning when you are ready, and have a plan.

Being organized when cleaning will make it much easier to find the decorations next year, and give you a sense of order after the busy holidays. Use these tips to clean up after the holidays:

- 1. Use plastic storage bins.** If you do not already have bins, it is a good idea to invest in some. These bins are durable and come in all shapes and sizes to fit your decorations. Clear plastic bins are ideal because you can see contents easily.
- 2. Trash it.** You may have wrapping paper, ribbons, bows, or boxes still lying around the house. Recycle and save everything that you can, but throw away the rest. Make sure to check the boxes before getting rid of them for important manuals, instructions, or parts.
- 3. Enlist your children.** If you have children whose new toys are strewn across the house, enlist them to help you clean them up. They can gather their toys together

while you pack them into a toy box. Using storage for your child's toys will help minimize clutter and teach your child to put away their toys.

- 4. Wrap the lights.** Use a paper towel roll to wrap around holiday lights that can easily get tangled in a box. This simple tip can prevent extra stress and frustration when putting up the lights for the next holiday.

- 5. Wash up.** Your kitchen has probably been used for cooking and for entertaining guests this holiday season. Give the kitchen the cleaning it needs by wiping down counters, washing dishes, putting away holiday dishware, throwing away old leftovers, and washing linens.

- 6. Take down the tree.** If you have a real tree, make sure to take it down before it leaves a mess of needles on your floor. Check with your town or city to find out when they will pick up your tree to prevent it from becoming an eyesore at the end of your driveway.

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