

NEWS RELEASE

For Immediate Release

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Realistic expectations can make holidays brighter

APPLETON (Dec. 4, 2007) – It's called "the most wonderful time of the year," but for many people the holidays can be a tense time and feelings of depression and anxiety are rampant.

Nancy Krueger, health and wellness coordinator for the Aging & Disability Resource Center (ADRC) branches in Calumet, Outagamie and Waupaca counties, said the holiday blues can be caused by several factors including increased stress and fatigue, unrealistic expectations, over-commercialization and the inability to be with one's family.

"These feelings are all affected by the increased demands of shopping, parties, family reunions and houseguests," Krueger said. "Even people who do not become depressed can develop other stress reactions during the holidays such as headaches, excessive drinking, overeating and having trouble sleeping."

To help cope with the holiday blues, Krueger offers these tips:

- Keep expectations for the holiday season manageable by not trying to make the holiday "the best ever."
- Spend time with people who are supportive and care about you.
- Set realistic goals and organize yourself.
- Remember that the holiday season does not automatically banish reasons for feeling sad or lonely.
- Let go of the past. Don't be disappointed if your holidays are not like they used to be. Life brings changes and each holiday season is different and can be enjoyed in its own way.
- Do something for someone else. Try volunteering some time to help others.
- Enjoy low-cost holiday activities such as simply driving around to look at decorations.

- Don't drink too much. Excessive drinking will only make you more depressed.
- Find time for yourself.

Although many people become depressed around the holidays, even more respond to the excessive stress and anxiety once the holidays have passed, Krueger said.

“This post-holiday let down after the holidays can be the result of the emotional disappointments experienced during the preceding months as well as the physical reactions by excess stress and fatigue,” she said.

The ADRC opened in July 2006 and is designed to be a no-cost, single point of contact for senior citizens and individuals with disabilities in Calumet, Outagamie and Waupaca counties looking for assistance. **For more information, please call toll free at 866-739-2372 or visit www.yourADRCresource.org.**

Site locations for the ADRC are as follows:

- **Calumet County**
206 Court Street
Chilton, WI 53014
920-849-1451

- **Outagamie County**
401 S. Elm Street
Appleton, WI 54911
920-832-5178

- **Waupaca County**
811 Harding Street
Waupaca, WI 54981
715-258-6400

All locations can be reached toll-free by calling: 1-866-739-2372. Persons with hearing or speech disabilities may call Wisconsin Relay Text Telephone (TTY) 7-1-1 to receive ADRC services.