



Dr. Tracy's Counseling Services

20 years of experience

Q: I expected to feel relieved when the holidays were over but I am feeling worse, is that normal?

A: The holiday season is known for the stressors that come with it. For some, the distress lifts when the holidays end, whereas others may continue to feel unhappy and/or stressed. There may be several reasons why you are feeling the "post-holiday blues".

You may feel a loss for the enjoyment of the season, and the joy of having your family around. Or you may be upset due to conflicts with family members that surfaced during the holiday season. You may have gained weight and lack energy due to overindulgence during the season. If you overspent for Christmas presents, you may have financial concerns and new debt to face.

Fortunately, it is possible to deal with the post-holiday depression. Remember that your life consists of more than the days between Thanksgiving and New Year's Eve. Talk about the way you are feeling with your spouse, family members or friends. You may find that they are feeling the same way, and many times speaking about it makes you feel better. You may be able to laugh with others about the funny things that happened during the holiday season. Getting exercise can help.

Exercise is one of the best ways to help release endorphins, your body's hormones that make you feel good. It can also help you lose some of the extra pounds gained during the season. Try to get some rest. The holidays can be very draining, and this may be affecting your mood as well. If you are unable to shake these blues, or they continually become worse, you may need to seek professional counseling.

Specializing in the treatment of:

**Anxiety and Depression ~ Addictions
Trauma and Grief ~ General Coping Issues
State of Iowa approved DUI Assessor
Parenting a Special Needs Child
Women's Issues ~ Workplace Stress**

EVENING APPOINTMENTS AVAILABLE
Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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