

A Blue Christmas

S.A.D.

Understanding seasonal affections

As we enter the winter season, people all over the world start to feel the stress of the holidays.

Thanksgiving and Christmas are two of the biggest holidays of the year. These holidays are seen by many as a chance to spend time with family as well as friends. But how can the stresses of holidays effect the relationship one might have with their special someone?

A disorder known as S.A.D. (Seasonal Affective Disorder) can affect many people during the holiday season.

This disorder is a temporary depression triggered by a lack of sunlight during the darkest time of the year and mostly occurs in females. In fact 75% of people who suffer from S.A.D. are females under the age of 40 (according to www.msn.com). Since some females are dealing with the stresses of winter, and the holidays it is important for the partner in the relationship to reassure their loved one. They need to know that nothing bad is really going on and everything will work out.

Experts say that relationships take a toll for the worst when the weather changes. To avoid the holiday blues make sure to stay close to the one you love and to spend time with them. Just because they might be dealing with S.A.D. does not mean that they want you to avoid them completely.

The person dealing with S.A.D. does still love the person that they are in a relationship with they just may be having

a hard time showing it or may be confused on how they are feeling.

It is important as well to know the difference between people who are dealing with S.A.D. and people who are just in an unhealthy relationship.

Some things to look for in a relationship is when couples are randomly having conversations, ones partner never takes interest in them or even when both or one person in the relationship is always stressed out. Also one cannot ever be themselves when they are with their partner.

There is a difference between a relationship dealing with the holiday blues and an unhealthy one. Some difference may be that a person dealing with S.A.D. still wants to spend time with their loved one they might just not want to go out. A person in an unhealthy relationship never gets time with their partner and when they do spend time together they are fighting.

Relationships can be very tough to deal with during the holiday season. S.A.D. is a very common disorder that does occur during the holidays, more than some people might think. Dealing with this can be very difficult and might even put a strain on the relationship. This can sometimes cause problems later on.

Even though your partner might deal with this disorder it does not last all year and can sometimes be overcome with the help of loved ones.

By Shelby Waynick



Photos by Chelsea Talmage

Dealing with depression during the holidays

The winter holidays are a time of loving, giving and great cheer.

This is the time of year when people across the world stuff their lives full of food, family and charity.

It is most wonderful time of the year, or so the American commercialism want us to think. In reality, millions of Americans each year are diagnosed with seasonal-related depression. The strain of the holidays proves too much for some people, but do not fear, there are many things one can do to prevent the Holiday Blues.

There are many things that can contribute to the holiday blues.

An increase in stress, fatigue, memories of past holidays, increase in amount of money spent, change in diet and over commercialization are just a few. A lot of

it could come from the disappointment in the current holidays for not being able to live up ones childhood remembrances. Or past holidays could make one feel resentful towards the present celebration and the people surrounding you.

Another major cause of this seasonal sickness is SAD, or Seasonal Affective Disorder. This is a mental depression related to a certain time of the year, especially the winter.

According to the University of Maryland Medical Center, "It is four times more likely to happen to women than men. Approximately 11 million people are diagnosed with this disorder yearly." Though these mental maladies may seem frightening, they usually last anywhere from two weeks to a couple of months and usually leave the person after the holidays have

subsided.

There are ways to help prevent this from happening to you.

A few of these include: eating right, getting plenty of rest, exercise, making a budget (and following it) and allowing yourself to feel sad and lonely. Bottling up these feelings does nothing for you or the people around you.

The don'ts of the holidays would include: do not overindulge in food, dwell on the past, spending money you do not have or have unrealistic goals of yourself or others. Do not feel pressured into feeling jolly for the holidays. Let yourself feel what you feel. Follow or do not follow these simply steps (pending) and you will have a successful holiday season.

By Gracen Dunn

How to Battle Depression

If you are struggling with depression, there are things you can do.

1. ASK FOR HELP! When people support you, it makes you feel 100 times better about yourself.

2. Do not stay isolated. Reach out to others, even if you want to be alone.

3. Make lifestyle changes. Exercise regularly and have a healthy diet. Eating healthy will also give your body an extra boost.

4. Make sure you're getting enough sleep. According to Medical News Today, you need eight hours of sleep to function properly.

Info by Taylor Pigg

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Warning Signs of Depression

According to Helpguide.Org, the following are some warning signs of depression to watch out for in your friends, family and yourself.

- 1. Feelings of helplessness and hopelessness - Nothing will get better and there is nothing you can do to make the situation better.
2. Loss of interest in daily activity - You have lost your ability to feel joy and pleasure.
3. Appetite and weight changes - You are gaining or losing weight like crazy!
4. Sleep Change - You are struggling with either insomnia or you are oversleeping.
5. Anger - You are feeling uptight, every little thing bothers you.
6. Loss of energy - You are feeling fatigued, sluggish and drained.
7. Self Loathing - Are you feeling guilty?
8. Reckless Behavior - You are doing unusual things like gambling, reckless driving or abuse.
9. Focusing - You cannot concentrate or remember things.
10. Mysterious aches and pains - You are having more headaches, back pain and aching muscles.

Info by Taylor Pigg