



NAMI

Ray of Hope

NAMI Seneca, Sandusky & Wyandot Counties
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Holiday Depression and Stress

The holiday season is a time full of joy, cheer, parties, and family gatherings. However, for many people, it is a time of self-evaluation, loneliness, reflection on past failures, and anxiety about an uncertain future

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions, and house guests also contribute to feelings of tension. People who do not become depressed may develop other stress responses, such as: headaches, excessive drinking, over-eating, and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded with the excess fatigue and stress

[More Details](#)

December 23, 2005



Asperger Syndrome

The *Diagnostic and Statistical Manual of Mental Disorders (4th Edition)*, known as *DSM IV*, published in 1994, defines Asperger syndrome (AS) as marked by "severe and sustained impairment in social interaction" along with "restricted repetitive and stereotyped patterns of behavior."

[More Details](#)

Helping Children Cope with Holiday Stress

For many children, the holidays are happy, fun and exciting times. There is a break from school and a chance to see friends and relatives. However, the American Psychiatric Association (APA) notes that for some children, the holidays can also be stressful and confusing. Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can also be a difficult time for children who have lost a parent, sibling, or close relative. This year, many children are also separated from parents due to ongoing military service.

"The holidays often remind children of what's changed and what's now different," says David Fassler, M.D., APA trustee-at large and a child and adolescent psychiatrist in Vermont. For example, he explains, "a child from a divorced family may feel sad on some level because he misses the 'intact' family he used to have. A child whose parent is on active military duty may feel it's particularly unfair that her daddy or mommy needs to be away over the holidays."

The following are some tips for parents to help children cope with holiday stress:

1. Discuss holiday plans well in advance, and include your children in the planning process. Kids need some degree of control and predictability. Prolonged uncertainty, constantly changing plans or last minute decisions can all increase stress.

[More Details](#)

Upcoming Events

December 23, 2:00PM - Fremont C.A.R.E meeting, 2PM at Pontifex in Fremont

December 28, 2:00PM - Tiffin C.A.R.E meeting, 2PM at the RTA Building, Tiffin

December 30, 2:00PM - Fremont C.A.R.E meeting, 2PM at Pontifex in Fremont

January 2, 7:00 PM - Volunteer & Membership Meeting, 7PM at our office in Fremont

January 5, 7:00 PM - Wyandot Family Support Group, 7PM at Angeline School

January 6, 2:00PM - Fremont C.A.R.E meeting, 2PM at Pontifex in Fremont

January 10, 7:00PM - Fremont Family Support Group at the NAMI SSW Office

January 10, 7:00 PM - Survivors of Suicide Support Group, Tiffin Developmental Ctr

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Questions or comments? e-mail dwolf@namissw.org or call 888-582-8889

NAMI SSW is a Member of the United Way of Sandusky County and an Associate Member of Tiffin-Seneca United Way.