



for **Morneau Shepell**

Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Have you got the holiday blues?

It's holiday time again. Yet while everyone else seems to be full of joy and good cheer, many people are experiencing the "blues." Unfortunately, stress and depression don't take a holiday. In fact, the periods leading up to and during the winter holiday can bring additional stress, anxiety, loneliness and depression.

The increased demands in terms of shopping, prep

nervous, or even anxious. What is stressful to one person is not necessarily stressful to another.

Anxiety. This is a feeling of apprehension or fear. You may not know the source of this uneasiness, which can add to the distress you feel.

Signs of Depression

Depression can be hard to diagnose. It's best to leave an official diagnosis up to a medical professional. But if you think you or someone you know may be suffering from depression, keep track of the following signs and symptoms, and discuss them with your doctor.

Symptoms of depression may include:

- Feelings of extreme sadness or irritability
- Changes in sleeping patterns
- Changes in weight or appetite
- Aches and pains
- Fatigue, lethargy or loss of energy
- Difficulty concentrating
- Loss of pleasure or interest in things previously enjoyed
- Feelings of guilt, helplessness, despair or hopelessness
- Excessive crying
- Thoughts of suicide

If you or a loved one is experiencing a number of these symptoms, it may be time to seek professional assistance. In an emergency, call your local distress centre or crisis line.

While the holidays are supposed to be a happy and cheerful time for all, this is not always the case. It's often common for people to suffer from depression, sadness, stress or anxiety during the holidays due to the time crunch and increased pressures. If you think that you or someone you know is suffering from one of these elements, consider seeking the advice and treatment of a medical professional.

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