



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Stress, depression and the holidays; Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

To read the full article visit: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art>

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Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. Acknowledge your feelings.
2. Reach out.
3. Be realistic.
4. Set aside differences.
5. Stick to a budget.
6. Plan ahead.
7. Learn to say no.
8. Don't abandon healthy habits.
9. Take a breather.
10. Seek professional help if you need it.



Making Happy Changes in Your Holidays

The holiday season has started and I'm often reminded of an elderly friend of mine. Whenever someone said "Have a happy holiday!" she always replied, "No, make it one." She was right, of course. Happy holidays don't just happen. Holidays are what we make them.

The great thing about annual events is that each year is an opportunity for a do-over. We can slide into a rerun or we can make it be different. If something about the family traditions is no longer working (or never did), we do have some say in what happens next.

"How?" you ask. Whether you want to make some minor adjustments or do an extreme makeover, it starts with each of us. A family is an ecological system. When even one person makes a change, everyone else has to respond in some way.

Sometimes how family members react is a pleasant surprise. They are relieved that someone took the lead to make some changes. Other times – not so much. People don't like to be made uncomfortable and change, even good change, can be jarring. Nonetheless, if we do it kindly and calmly, a positive shift in how things are done can eventually be accepted and enjoyed.

Three Rules for Making Change

1. Start with yourself.
2. Plan ahead.
3. Be positive.

To read the full article visit: <https://psychcentral.com/lib/making-happy-changes-in-your-holidays/>

DID YOU
KNOW?

Fun Christmas Facts:

Poinsettias were first introduced into this country in 1828 by the U.S. ambassador to Mexico, Joel Poinsett.

The first American mention of a Christmas tree was in 1747, and, strictly speaking, it wasn't a tree at all but a wooden pyramid covered with evergreen boughs and decorated with apples.

Artificial Christmas trees were on the market by 1900. They were available by mail from Sears, Roebuck and Company, and cost 50 cents for 33 limbs, or a dollar for 55 limbs.

For more fun facts visit:
<https://www.familyeducation.com?fun?hisotry-christmas/seasonal-fun-facts>



Dear Valued Referral Sources,

Wishing you Happy Holidays and a New Year filled with prosperity and success! Thank you for your continued referrals.

Sincerely,

Jennifer Campbell, MSW, LSW

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National Suicide Prevention Lifeline: 1-800-273-8255
Greenbriar Treatment Facility: 1-800-637-4673