The Expert Says – Winter 2017

Ken Duckworth, MD, the medical director of the National Alliance on Mental Illness, offers this great advice for the holidays:

December 4, 2017 By Kate Ferguson

Be realistic.

Don’t try to please everyone at holiday time. Your mental and physical well-being come first. Practice saying no to gatherings you don’t wish to attend or to tracking down a hard-to-find present on someone’s wish list.

Make your happiness and contentment a priority.

As a way to improve your state of mind, give yourself time away from the holiday hype and squeeze in some exercise, even if it’s just for short periods.

Consider whether the “holiday blues” is a persistent feeling.

If you experience recurrent depression that’s tied to the time of year, such as seasonal affective disorder, or another biological or psychological cause, make an appointment to see your doctor.

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