

Dealing with the Holiday Blues

Daniel Leffingwell MS, RN



Is it the Blues or Depression?

- No one knows for sure why some people cross the line from simply feeling “blue” to becoming depressed. Some of the most common causes may be a genetic predisposition, physical changes like menopause, a catastrophic life event, a severe illness, or even an adverse drug reaction



Goodbye Daylight Saving Time,
Hello Seasonal Depression
Disorder.



your  cards
someecards.com

Who gets holiday blues

34%



44%



Can it be Treated?

- The good news is that depression is highly treatable. Nearly 80 to 90 percent of people with depression will respond well to treatment, according to the [National Alliance on Mental Illness](#). The bad news is that many people suffering from depression do not seek help and consequently do not receive the care they need. ¹

Depression Due to Stress

- Loss of a loved one
- Caregiver stress and burnout
- Loss of physical health
- Loss of Independence

Physical Illness and Medications

- Parkinson's disease
- stroke
- Alzheimer's disease
- thyroid dysfunction
- B-12 deficiency
- Reglan
- beta blockers

Seasonal Affective Disorder

- About 5 percent of adults in the U.S. experience SAD and it typically lasts about 40 percent of the year. It is more common among women than men. ³
- Seasonal affective disorder* is a form of depression also known as SAD, seasonal depression or winter depression. People with SAD experience mood changes and symptoms similar to [depression](#). ³

SAD Facts

- SAD's prevalence in the U.S. ranges from 1.4% in Florida to 9.9% in Alaska. ²
- SAD is a type of [major depressive disorder](#) ²

Symptoms of Depression

- Loss of interest or pleasure in your family life, hobbies, or sex life
- Difficulty concentrating or remembering things
- Low energy level
- Sleeplessness or sleeping too much

Symptoms of Depression (cont.)

- Loss of appetite or overeating
- Unusual irritability
- Loss of self-esteem or an attitude of indifference
- Frequent or unexplainable crying spells
- Recurrent thoughts of death or suicide

SAD in the Wintertime

- Symptoms of winter SAD often include oversleeping or difficulty waking up in the morning, nausea, and a tendency to over eat, often with a craving for carbohydrates, which leads to weight gain.
- Some suggest a correlation with the loss of sunlight hours during the day.

Treatment of SAD

- Light therapy
- Vitamin D?
- Exercise
- Medication
- Cognitive Behavioral Therapy
- Melatonin
- Eat healthy- the role of sugar?
- Social activity

References

1. (n.d.). Retrieved November 20, 2017, from <https://www.psychiatry.org/patients-families/depression/seasonal-affective-disorder>
2. Seasonal affective disorder. (2017, November 09). Retrieved November 20, 2017, from https://en.m.wikipedia.org/wiki/Seasonal_affective_disorder
3. Staff, C. E. (2016, August 24). Senior Blues. Retrieved November 20, 2017, from <https://www.caring.com/articles/senior-blues>