

Dealing with holiday depression

(NC) — Why is it that during the period around the Holidays, most people start "feeling their age?" All of a sudden, it seems that they tire more easily and can't quite cope with all the confusion and merriment.

The common response is, "Christmas used to be great, but nowadays it's so commercialized. I feel like I have to do things just because they are expected of me."

Well, Christmas may be commercial and expensive, but the problem you face is "New Year Fatigue." Psychologists say it comes from the realization that another year has passed and you have one less year to look forward to in your life. Where the Holidays would appear to be a time for celebration, depression seems to take the blush off the bloom.

There's a good psychological basis for the feeling of let down. But there's more to be considered from a physiological standpoint.

The truth of the matter is most people are suffering plain old fatigue. They find themselves on a tighter schedule than ever, trying to squeeze in the shopping, the entertaining, the visiting, and all the other Yuletide and New Year activities.

They eat more; drink more, and sleep less. And so, all of a sudden, they start feeling older than they are, and less satisfied with themselves.

The Ontario Chiropractic Association has a recommendation that will make all the difference in the world as to how you feel.

Start by eating nutritionally. Don't eat sweets and "junk" foods in spite of the fact that it is not in keeping with the Holiday spirit. Be sure that your ce-



reals and bread are vitamin-loaded. Get plenty of proteins, milk, and fruit. Bananas and raisins, both rich in natural sweeteners, are a great afternoon pick-me-up.

In addition to watching your diet, you should also drink plenty of water. Maintain a regular exercise schedule in spite of the distractions of the Holidays. An occasional ten-minute session of strenuous activity is especially invigorating. After exercise, treat yourself to a cool shower. And at



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night, relax in a warm bath. When you're ready for sleep, make sure your mattress is in good condition. Don't confuse softness with comfort. If your spine sags in bed, your back muscles are being strained. The result? A tiring, uneasy night. It is equally important to care for

your posture when you arise. Stand up straight and face the world. Slouching crowds the lungs, making you breathe shallowly. Your lungs don't fill fully with air, you don't get enough oxygen; you end up feeling fatigued.

If possible, take rest breaks during the day. Relaxing with your eyes closed provides about 80 per cent as much rest as you would get if you were actually sleeping.

Your doctor of chiropractic, who offers preventive and rehabilitative counsel in addition to corrective health treatment, recommends that you follow this list of fatigue-fighting measures. They should give you the energy to not only cope with the Holidays, but approach the New Year with enthusiasm.

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