



Stockton Unified School District

FRANKLIN HIGH SCHOOL

Home of the Yellow Jackets



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What are the Holiday Blues?

- The holiday blues are defined as temporary feelings of anxiety, depression, sadness, loneliness, and other negative emotions.
- Holiday Depression starts around November or December and lifts shortly after the new year ends
- Symptoms are fairly mild

The holiday blues can affect

anyone. Those with a mental illness, those who have experienced loss or trauma, and those prone to stress are more likely to struggle with mental health challenges during the holidays.

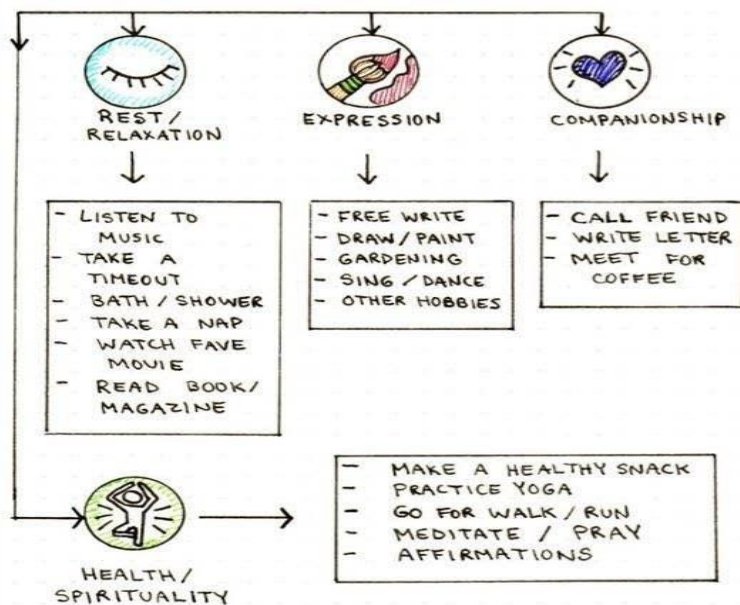
- Symptoms include:
- Sadness
- Fatigue
- Tension
- Frustration
- Loneliness
- Isolation
- Sense of loss
- Dissatisfaction
- Hopelessness
- Overwhelming stress

How to manage Holiday Blues

- **Be Realistic:** Set realistic and expectations
- **Stay connected:** Reach out to friends and family
- **Practice self-care**
- **Volunteer:** Helping others can improve mood
- **Plan ahead:** Plan a visit with loved ones or start a new holiday tradition
- **Be kind to yourself:** It's okay to feel sad or lost during the holidays
- **Talk about your feelings:** Talking with a friends or loved one can help you understand why you feel the way you do
- **Make time for yourself:** Let others share holiday responsibilities

30 MIN self-care

I NEED...



What helps me relax?

