

**PRESS RELEASE**  
**CLUES & CUES FOR YOUR HOLIDAY BLUES**

Tis the season to be jolly! Or is it? For many people, the holidays are anything but jolly. Depression, loneliness and stress can turn what is supposed to be an upbeat, joyous time of year into a dreadful period that some would rather skip completely.

Here's what popular mental health speaker, author and international executive coach/consultant, Carol Kivler, says are 3 of the most common clues (or indications) of the holiday blues followed by the cues (or problem solving stimulus) to minimize the blues:

**Unrealistic expectations**

Clues – Many people struggle to live up to the glorious images that bombard us from every direction, including television, movie theaters, store windows, magazines and billboards. A mild brainwashing occurs and we hypnotically buy in to the fact that without the perfect decorations, holiday attire, latest recipes, and trendy gift ideas, that we just don't measure up. We set ourselves up for failure, because it is the rare person that can achieve that state of perfection!

Cues – Limit your exposure to these images and remember that most of them are used to sell products more than to paint a realistic picture. Set up genuine holiday goals that fulfill your holiday needs but don't overwhelm you.

**Financial pressure**

Clues – If you have had a recent financial setback, it can be especially difficult facing the fact that there is less money to spend on the holiday season than there was before.

Cues – Keep in mind that you are not alone. The gift of "time" is far more valuable to the average person than a gift of monetary value, meaning this could turn out to be the most heartfelt holiday you've ever experienced.

**Physical and emotional fatigue**

Clues – Shopping, wrapping, baking, visiting; not to mention all the other things we normally do in a given day, can absolutely turn holiday joy into dread.

Cues – Don't get caught up in the mad rush. Focus on a few of the most important aspects of the holiday season and the things you just can't do without. Your good health is the greatest gift you can give anyone.

Carol will expand upon these Clues & Cues for the holiday blues and offer advice for other situations as well. As a busy business owner, dedicated mother and grandmother, and a courageous survivor of 4 bouts of severe clinical depression, she shares practical tips to help guide us through the holiday season.

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