Navigating Stress and Depression During the Holidays

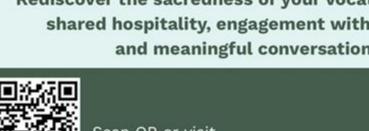
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A Small Group for Christians in Health Care

Rediscover the sacredness of your vocation through shared hospitality, engagement with beauty, and meaningful conversation.



Scan QR or visit divinity.duke.edu/healers-vocation



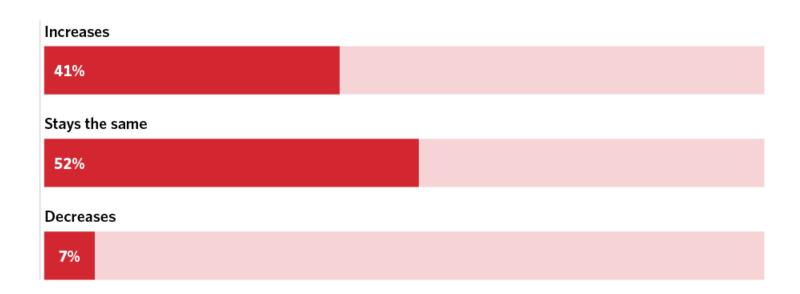




CHANGES IN STRESS LEVELS DURING THE HOLIDAY SEASON



% OF U.S. ADULTS COMPARING THEIR STRESS DURING THE HOLIDAY SEASON WITH OTHER TIMES OF THE YEAR



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What causes you stress during the holidays?

CAUSES OF STRESS DURING THE HOLIDAY SEASON



Nearly nine in 10 U.S. adults say something causes them stress during the holiday season $\,$

89%

The 10 Most Commonly Reported Sources of Holiday Stress

Spending too much or not having enough money to spend	Food- or alcohol-related issues
58%	25%
Finding the right gifts	Not being able to spend time/be with family or loved ones
40%	25%
Missing family or loved ones	Experiencing or anticipating family conflict
38%	22%
Having too much to do	Feeling left out or excluded
32%	20%
Feeling pressure to make the holidays special	Traveling
30%	19%

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Common sources of holiday stress

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- Expectations of family togetherness and harmony
- **CR Loneliness** and social disconnection
- Grief for those who have died or for broken relationships
- Seasonal forms of depression / mood issues

Mental health challenges: Inside-out or outside-in?





1. Observe Advent before Christmas

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O come, Thou Day-Spring, come and cheer our Spirits by Thine Advent here.

Disperse the gloomy clouds of night, and death's dark shadows put to flight

Rejoice! Rejoice! Emmanuel shall come to thee, O Israel.

2. Embrace **lament** as well as celebration.

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How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I bear pain in my soul,

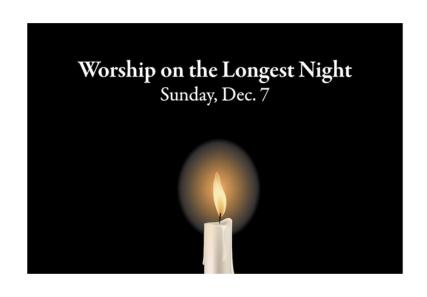
and have sorrow in my heart all day long?

How long shall my enemy be exalted over me?

But I trusted in your steadfast love; my heart shall rejoice in your salvation I will sing to the Lord because he has dealt bountifully with me.

--Psalm 13:1-2, 5-6 (NRSV)

3. Acknowledge **grief and loss** (and find support)



"Worship on the Longest Night: A Service of Grief and Hope" is a contemplative service pointing to hope in the midst of sorrow and suffering.

Childcare is available for newborns through 4-years old.

For those who can't attend, we'll post a livestream feed here and on the Blacknall YouTube page the day of the event.

Posted in Church-Wide, Blacknall, Advent

4. Set value-based goals and value-based limits.

- What during the holidays are you most looking forward to? What is most meaningful to you?
- What are things that you especially want to experience and to do over the holidays?
- What amid the holiday "busyness" is less meaningful?

4. Set value-based goals and value-based limits.

Warren's list . . .

More meaningful	Less meaningful
Time with children	Holiday parties
Time with Susan	Christmas cards
Time with my parents	Receiving gifts
Time with Susan's parents	Shopping
Time to "be" rather than to do, in order to enter 2026 well	Decorating
Gathering for worship	More holiday parties

5. Remember that before all else, you are loved and known by God





"You hem me in, behind and before . . . " - Ps. 139:5

It's good that you exist; it's good that you are in this world!

--Josef Pieper, Faith, Hope, Love, 164.

5. (Resist the idea that your value is found in **production and consumption.)**

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"You hem me in, behind and before . . . " - Ps. 139:5

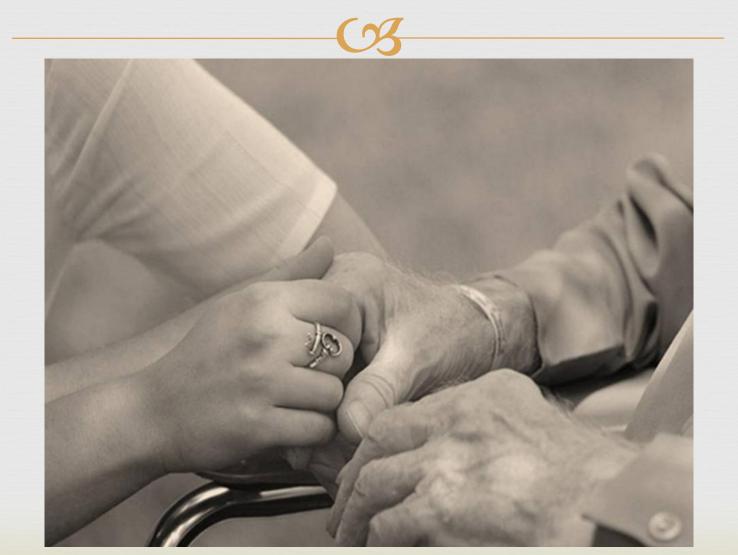
6. Connect with beauty







9. Nurture meaningful relationships





10. Accept the reality of change

Why lies he in such mean estate where ox and ass are feeding?
Good Christians, fear, for sinners here the silent Word is pleading.

Raise, raise a song on high The virgin sings her lullaby Joy, joy for Christ is born The Babe, the Son of Mary!

