

DECEMBER, 2022

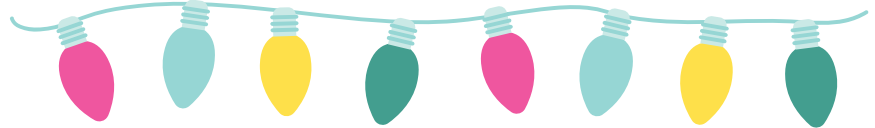
# PSW NEWSLETTER

MARIAH ROMERO, PSW  
SHERIDAN ST ELEMENTARY

## WHAT ARE THE "HOLIDAY BLUES"?

- The "Holiday Blues" are temporary feelings of anxiety and depression during the holiday season.
- It can be associated with extra stress, unrealistic expectations, or memories related to the season.
- Symptoms can include:
  - Fatigue
  - Frustration
  - Sense of loss
  - Tension
  - Sadness
  - Loneliness/Isolation
- The difference between the holiday blues and clinical depression or anxiety is that these feelings are temporary. Nevertheless, we need to monitor these short-term problems because they can lead to long-term mental health conditions.

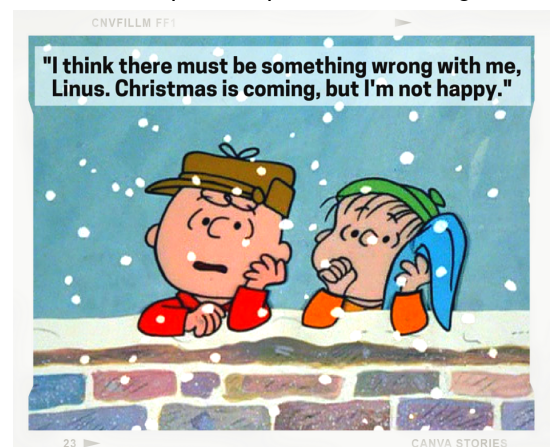
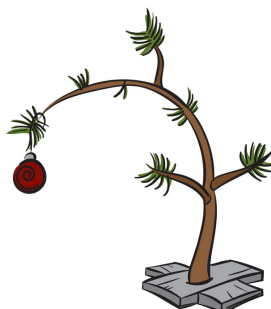
NAMI: Tips for Managing the Holiday Blues



## HOLIDAY SEASON

The holiday season is often associated with feelings of joy and celebration. Yet for many, it is a time of stress, anxiety, and depression. In one study, 38% of people found their stress levels increase during the holidays. The stressful demands of the season (financial, family, etc...), the increased feelings of grief & loss, and the heightened sense of social isolation many experience each holiday season has only increased this year due to the pandemic.

The rates for suicide assessments and for child psychiatric hospitalizations climb during the winter. It is important to acknowledge the difficult feelings our students may be experiencing and provide them with coping strategies and resources. This lowers their stress by making their reactions "normal" and not "weird," and offers hope for positive change.





# WHAT CAN I DO?

## Parent/Caregiver

### Set a Calm Example

The most important way parents can help ease anxiety in children during the holidays is by trying to keep things relaxed as much as possible. As with so many situations, the way parents handle an issue can set the tone for how their kids will behave.



## Teachers

The act of giving brings joy in return. How can your class serve together this holiday season? Could you perform acts of kindness for one another. One of the best ways to participate in the holidays is through service, and teachers can orchestrate these opportunities for all of their students.

## Students

- Reach out to a trusted adult if you are feeling anxious or depressed about the holidays.
- Be kind and empathetic to your peers, not everyone shares the same family background.
- Check in with your friends over the holiday break.



## Community Resources

DUYA Christmas Party & Toy Giveaway  
Friday 12/9/2022 6:30pm-8:00pm  
117 W Manchester Blvd, Suit A  
Inglewood, Ca 90301



*If you are interested in referring a student due to mental health concerns, please contact me at:*

**Mariah Romero**  
Psychiatric Social Worker  
[mariah.romero@lausd.net](mailto:mariah.romero@lausd.net)  
(424)-202-7863

## Mental Health Resources

- Department of Mental Health Access Line  
(800) 854-7771
- Suicide Hotline  
(800) 273-8255
- Teen Line  
(800) 852-8336
- Crisis Text Line  
Text "hello" to 741-741



Los Angeles Unified's  
Student & Family Wellness Hotline  
Consultations, Support, & Referrals

**NEED HELP?**  
Call (213) 241-3840



Weekdays 8:00 am - 4:30 pm

For support with:  
Mental Health  
Immunizations  
Health Insurance  
Food and Housing  
Enrollment and more



[askshhs.lausd.net](https://askshhs.lausd.net)

it's okay to  
not be  
okay this  
holiday.