

# The Wellness Shack, Inc.

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## Beat the Holiday Blues

Many of us feel the impact of the shorter days and longer nights. And if that is not bad enough, the cold, wet weather forces us to stay inside. Seasonal Affect Disorder brings on a sad feeling, and can lead into depression. This disorder is thought to be caused by diminished vitamin D levels in our bodies. Vitamin D is something we acquire through sunlight. Taking full advantage of the sunlight on those days that aren't cloudy can help in the management of this common disorder.

And then, if that's not bad enough, here come the Holidays. This time of year can be full of excitement, anticipation, hope, and reunions with friends and loved ones. But it can also be a time of stress and frustration. Beat the Holiday Blues by trying the following:

1. Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion— this makes people cranky, irritable, and depressed.
2. Decide upon your priorities and stick to them.
3. Organize your time. Remember: no matter what our plans, the holidays do not automatically take away feelings of aloneness, sadness, frustration, anger, and fear.
4. Be careful about resentments related to holidays in the past. Declare an amnesty with whichever family member or friend you are feeling past resentments. Do not feel that it is helpful or important to tell your relative every resentment you have. And don't let your relative D  
o that to you, either.

**Mr. Mischief  
Says:**

**LET'S HAVE A PARTY!**  
**TWS Annual Christmas Party**  
December 19th  
Social Hour: 5:00—6:00, Potluck: 6:00—9:00  
Bring a dish to pass.  
If you can't afford to bring a dish,  
come anyway and  
Join in the  
Fun!

## Wellness Shack HOURS

SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-9PM
WEDNESDAY	1-6PM
THURSDAY	1-9PM
FRIDAY	1-6PM
SATURDAY	CLOSED

## WELLNESS SHACK Groups

ANXIETY & DEPRESSION GROUP	MONDAY 4:00-5:30PM
BIPOLAR GROUP	TUESDAY 2:00-3:30PM
SCHIZOPHRENIA SUPPORT GROUP	TUESDAY 3:30-5:00PM
SMART RECOVERY	TUESDAY 6:00-7:30PM
PROCOVERY GROUP	WEDNESDAY 4:00-5:00PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
DUAL DIAGNOSIS RECOVERY	FRIDAY 4:00-5:00PM

## VOLUNTEER TRAINING

December 28th 2:00—4:00 PM

Training will take place in the  
NEW location

505 S. Dewey St, Suite 101

(continued from front page)

5. Don't expect the holidays to be just as they were when you were a child. They NEVER are, and YOU are not the same as when you were a child, and no one else in the family is either.
6. Feeling like you are under scheduled or under planned for the holidays? Volunteer to serve holiday dinner at a homeless shelter. Work with any number of groups that help underprivileged or hospitalized children at the holidays. There are many, many opportunities for doing community service. No one can be depressed when they are doing community service.
7. Plan unstructured, low-cost fun holiday activities; window-shop and look at the holiday decorations. Look at people's Christmas lighting on their homes, take a trip to the countryside, etc.– the opportunities are endless.
8. If you drink, do not let the holidays become a reason for overindulging and hangovers. This will exacerbate your depression and anxiety. Contrary to popular opinion, alcohol is a depressant. "People with depression shouldn't drink alcohol", says Sherry Rogers, MD, in her 1997 book on "Depression."
9. Give yourself a break; create time for yourself to do the things YOU love and need to do for your physical and mental wellness; aerobic exercise, yoga, massage, spiritual practices, taking long, fast walks or any activity that calms you down and gives you a better perspective on what is important in your life.
10. Most of all, if you find yourself feeling blue, just remember: The choice is always yours. The sky is partly sunny and the glass is half full, and revel in your gratitude for your bounty, health, hope, and your courage to face each day with hope and determination.

"10 Tips to Beat the Holiday Blues: by Mark Sichel LCSW.

# Christmas Cookie Sale



**Friday, December 16th  
12:00 to 6:00 PM!**

**We'll need your help to bake cookies  
we will sell.  
Deliver cookies to  
The Wellness Shack on  
Thursday Dec. 15th**



*Merry Christmas to all !!!*



**The Board of Directors  
is looking to appoint  
someone to fill  
2 empty seats on the Board.  
If you are interested, or  
know of someone who  
would like to be involved in  
the decision making process  
that directs TWS, please  
contact Bob Schrader.**

