

## “Sad Santa”, or Feeling the December Blues

By Amy G. Martin APRN, RhD

Why, when everyone around seems to be hustling and bustling with Holiday happenings, do we find some people who just want to hide in their rooms and not emerge till way past January? I write “Time For Healing” this month for two separate groups of people, for those who enjoy the holidays and find comfort and peace in family and friends, and then for those of you who feel either nothing at all for the season or who dread it.

When your life seems to be in order and you feel a sense of abundance, with plenty to share, first be grateful and appreciate your blessed position, then look around you and find the person who feels left out. Reach out to someone who feels alone, whether they are actually physically alone in the world or not. Sometimes you can see the look of isolation in the eyes of someone in a crowd; they too need recognition of their feelings and a message of understanding from you who can provide it.

Now for those of you who feel that buildup of anxiety, depression or anticipated disappointment around holiday time, I want you to know you are not alone! Sadness, grief, feelings of isolation and loss are real, and not easy to deal with when everyone around you seems so joyous. It may or not be perfectly clear to you why the season is so difficult, but the first thing you need to do is acknowledge your feelings. In this way, you honor the truth about yourself, and that becomes your **first gift, which is Self love.**

Next is to ask yourself if there is anyone in your world who you might reach out to for help. Some think they shouldn't burden friends or relatives with their heartache, but sharing this deepest part of yourself, gives others the opportunity to help and leaves you open to receiving your **second gift, which is Care from another.**

Now, if you have looked honestly at yourself and your life you might acknowledge that your life isn't turning out the way you hoped, or you may have made mistakes which cost you your happiness, it's time to remember that wonderful Serenity Prayer. Can you *accept the things you cannot change?* Can you *find the courage to change the things you can?* Can you *find the wisdom within yourself to know the difference?* Once this happens, you receive your **third gift, which is Inner Peace.**

Now for the list of do's and don'ts:

Do go outside every day in the sunlight and make yourself breathe in the crisp winter air.  
Don't lock yourself in a dark house isolating you from the world

Do appreciate the fact you're here right now, with whatever challenges you are facing.  
Don't live in the past, re-living old hurts, past traumas or the good old days.

Do be realistic about the messy imperfections of life.  
Don't get envious or caught up in the media's image of “the perfect life.”

Do make a budget within your means  
Don't overspend and go into debt to make others happy.

Do reduce your stress by eating in moderation, getting enough sleep and taking time for yourself  
Don't use alcohol or drugs to cope as they will increase feelings of depression.

Whichever group you feel you belong in, take this time of year to look at your life and rededicate yourself to self knowledge. Knowing what works for you in your life and what doesn't, puts you in a powerful position to make changes and to have a deep sense of happiness for simply being alive. And that is your **fourth gift, which is joy.**

Please send your thoughts, questions or ideas for future subjects to me at [amymartin@time4healing.com](mailto:amymartin@time4healing.com) and please include "Time For Healing" in the subject line.

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