

MONTHLY NEWSLETTER

BFORE AGING IN PLACE

foresee living independently



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FEATURED PRODUCTS

Daily Gratitude Journal:

*Daily
Gratitude*

[See it on Barnes & Noble](#)

Light Therapy Lamp:



[See it on Amazon](#)

Cookie Press Tradition:



[See it on Amazon](#)

LET'S TALK ABOUT... Holiday Blues

The holidays are often painted as a time of joy, togetherness, and celebration. But for many older adults, this season can also bring feelings of loneliness, grief, or stress. Whether it's missing loved ones, facing health challenges, or simply feeling out of sync with the festive spirit, the "holiday blues" are real and you're not alone. This month we take a deeper dive into this topic because we are convinced you can enjoy the holidays again. So look for the signs and take action now... BFore Aging in Place.

Stay Safe,

Laura B



INDEPENDENCE HURDLES... HOLIDAY BLUES

According to the Complex Post Traumatic Stress Disorder Foundation, about 14% of adults experience the “holiday blues” each year. Older adults are particularly at risk of holiday blues due to the loss of loved ones or estrangement from family, limited mobility or chronic health issues, which can make participation in holiday activities difficult, and social isolation, especially for those living alone or in care facilities.

Holiday blues are different from clinical depression but can still significantly affect well-being. Common symptoms include persistent sadness or low mood, especially during or after holiday events, fatigue or low energy, even with adequate rest, irritability or mood swings, loss of interest in usual activities, including hobbies or socializing, changes in appetite or sleep patterns, and feelings of guilt, nostalgia, or loneliness, often triggered by memories of past holidays.

Here are some ideas to combat holiday blues

- Acknowledge your feelings. It's okay not to feel merry all the time. Give yourself permission to feel what you're feeling, whether it's sadness, nostalgia, or fatigue. Suppressing emotions can make them stronger.
- Stay connected. Isolation can deepen the blues. Reach out to friends, family, or neighbors. Many communities offer senior-friendly holiday events, support groups, or volunteer opportunities.
- Create new traditions. If old traditions feel painful or no longer fit your lifestyle, start new ones. Watch a favorite movie, bake a simple treat, or take a walk to see holiday lights. New rituals can bring fresh meaning to the season.
- Prioritize self-care. The holidays can be physically and emotionally draining. Make time for rest, eat nourishing foods, and move your body in ways that feel good.
- Seek support if needed. If feelings of sadness persist or interfere with daily life, consider speaking with a mental health professional.

True or False? (See answers at the bottom of this page.)

1. Watching holiday commercials and movies can worsen feelings of sadness?
2. Symptoms of holiday blues disappear once the holiday season ends?
3. Older adults who live alone are more likely to experience holiday blues?



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Answers: 1) True. Media portrayals of joyful gatherings can intensify feelings of loneliness or grief for those who feel disconnected from such experiences. Source: Healthline. 2) True. Symptoms should fade after the holidays, persistent or worsening feelings may signal a deeper issue that requires professional support. Source: Medical News Today. 3) True. Seniors living alone or far from family are at higher risk of feeling isolated and sad during the holidays. Source: Healthline.