

Employee Assistance Program

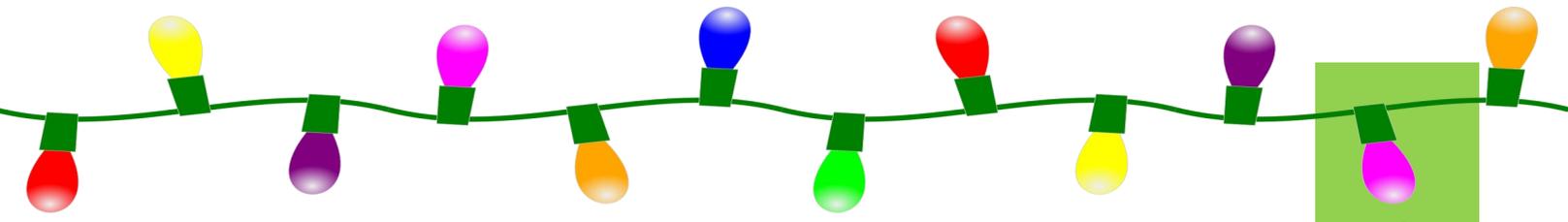
Seasonal Affective Disorder (SAD) and Depression

The winter months can be particularly hard on people. The holidays add stress and heightened emotions. The days are shorter and there is less sunlight. It's cold and unappealing to be outside. Some people experience significant depressive symptoms during the winter months. When symptoms last longer than two weeks and are hindering daily functioning, it could be SAD. According to the Mayo Clinic SAD is a type of depression that is related to changes in seasons. For some people who already struggle with depression, the seasons may impact how intense symptoms are.

Use your EAP benefit! Call us

515-263-4004





Holiday Help

Holidays can be a wonderful time to get together BUT they can also be stressful.. Here are a few tips to help you have an amazing holiday!

- Prune your “to do” list: Ask yourself “If I don’t do this, what will happen?” Aim to knock down the list of chores to the rock-bottom necessity.
- Reign in the gift giving: A handwritten card goes a long way. Drawing names for family members helps limit the number of gifts to purchase. And don’t feel obligated to join every secret Santa or white elephant gift exchange.
- Practice self care: Take some moments throughout the season to recharge. It can be taking a few deep breaths alone in the car, hitting the indoor golf range, or just taking a long shower. Use this time to think about the things you are grateful for and that help lift your mood.
- Keep your holiday engagements reasonable: There is nothing wrong with wanting to stay in and play board games on New Year’s Eve. If you find that the holiday celebrations are more draining than recharging, you can decline. Just because there is a holiday does not mean you have to spend all your energy celebrating.
- Fill up on protein, fruits, and veggies before hitting the sugary foods. This rule is for adults AND kids. Kids are vulnerable to stress during holiday events. They pick up on stress of the adults around and they also have much more stimulation. It is important that they are getting full on nutrient dense choices rather than overloading on sugar and adding that “crash” to the stress. Parents are also much more able to manage these emotions when they do the same.
- Remember that the holidays don’t have to be perfect. If your kids refuse to change out of their pajamas to put on nice clothes, the world won’t end. If the onions on the green bean casserole burn and ruin the whole dish, you’ll just eat something else. If you didn’t get the windows cleaned before guests come over, remind yourself you are not using the windows to eat.

The UnityPoint Health EAP wishes you a Happy Holiday!

UnityPoint Health Des Moines and Affiliates

You may be aware that UnityPoint has a Crisis Fund for employees. This fund is to meet the immediate needs of employees who have experienced a personal crisis. To be eligible for this fund employees need to be employed at UnityPoint for a minimum of 1 year, be in good standing (no current disciplinary action), and have not used the fund previously. For more information call us at 515-263-4004