



**Blanca Robles, M.S., CRC, LPC**

The holiday season is here! We are reminded everywhere we go, stores with big Christmas' displays and the music on the radio.

We will soon be invited to work gatherings, friends' parties, and numerous festivities to celebrate this joyous time of year. We should be happy but sometimes there is a bit of gloom in the air. It may be brought up by the fact we are away from family, remembering losses and overall feelings of anxiety or stress due to tight budgets.

There is no reason to be alarmed about feeling a little sad; it is quite natural. It is natural to long for family, home town, or country; we know there is no place where we rather be but home surrounded by loved ones.

# The Holiday Season is Here!

## Are you feeling blue?

Volume II Issue 12

We often fail to see that we are lucky to have those kinds of memories. If we long for family or country, it means that we have good memories about them and then we must consider ourselves very fortunate. It is not as common as we think to associate family or home with good memories.

What is not healthy is to hang on to memories we cannot relive or recreate. We should start working on building new memories and making every holiday memorable with what we presently have; surrounding ourselves with people we love or appreciate in our new situation or location.

If we continue to long for what we cannot have, we will certainly feel unhappy and one thing is for sure time spent longing or desiring what is unattainable is wasted. If you are unable to get pass it, seek help.

Here are a few tips that may ease up your anxiety or feeling gloomy at this time of the year:

- Don't stay home alone, join friends at their festivities
- Learn of local events at your library or city hall and check them out
- Don't over stretch your budget trying to please people with gifts that will create unnecessary financial stress
- If you are far away from home ask them to record the parties or if possible join them online in real time
- Donate or volunteer your time helping those less fortunate.
- Lastly, count your MANY blessings and BE JOLLY!

*Let's be jolly...*

*"Happiness can be found in the little things, know where to look"*

*Charles Shultz*

*Happiness can be created by appreciating what is present now not by what is missing. We should occupy our time making the most of our current situation. Happiness cannot be bought by expensive things, by being in a particular city, by being able to afford a Christmas vacation. Happiness comes from within; being content with who we are, with our family, with our job, with our true friends, even if it's only one.*

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*On Behalf of Everyone at*  
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*Have a Happy Holiday Season!*