



Langlade County Health Department

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Public Health
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Langlade County Health Department

FOR IMMEDIATE RELEASE

Date: December 8, 2022
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The Unwelcome “Guests” of the Holiday Season: Stress, Depression, and Anxiety

With the holidays fast approaching, the Langlade County Health Department wants to remind you how to combat the stressors that are associated with having the “perfect” holiday party. “This time of year, can be exhausting and stressful if you do not take care of yourself and your mental health,” says Kendall Kuenzli, Community Health Specialist, Langlade County Health Department. It is important to remember the holidays are not all about the “perfect” tree, gifts, meals, and decorations, but rather the time you get to spend with family and friends.

When stress is at its peak, it is hard to stop and regroup. Following these tips may help if you begin to feel overwhelmed.

- Do something you enjoy such as exercise, yoga, meditation.
- Be realistic in that the holidays don’t have to be perfect or just like previous years. Choose joy in creating new traditions.
- Plan specific days for shopping, baking connecting with friends or other activities.
- Don’t abandon health habits or sleep during the holidays. Set aside time for yourself and prioritize self-care.
- Find support-whether it’s with friends, a support group, family. If you or someone you love is experiencing a crisis you can call or text 988.

The Langlade County Health Department wants to remind you to enjoy the holidays and practice healthy habits. Right now, there are many illnesses circulating in our county (COVID-19, Influenza, RSV, etc.) Remember to practice proper hand washing techniques, avoid touching your eyes, nose, or mouth, get plenty of sleep, and do the elbow cough if you need to cough.

Happy Holidays.

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