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HOLIDAY ACCIDENTS & HOLIDAY STRESS

The holiday season, which begins for most Americans with Thanksgiving and continues through New Year's Day, often brings unwelcome guests — accidents and stress. Accidents and illnesses during the holidays send thousands to seek medical help each year, interrupting what is usually a joyful and festive time. The holidays are also a time of stress for many people. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library team member.


“Simple strategies can help relieve holiday loneliness: re-examining your expectations and reaching out to others may help you overcome feelings of isolation.” Mind, Mood & Memory, 5(12):3, 2009 Dec.

“Tips for beating the holiday blues.” American Geriatrics Society Newsletter, 40(4): 5-6, 2009 4th Quarter.


