

Carmel Counseling Center

www.carmelcounselingcenter.org
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MERRY CHRISTMAS!



Thank you for your partnership with our counseling center in 2010. We are here to be a resource for you and your ministry. Please contact us if we can help you in any way.

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At Carmel Counseling Center, we believe that God has promised to meet every need (Philippians 4:19, II Peter 1:3). We also believe that God often uses other people to meet these needs through direct intervention in the lives of those who are facing life's struggles.

To schedule an appointment, contact Gina Meinders, our Intake Assessment Coordinator at 704.849.0686.

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Do the Holidays Have You Down?

David Dixon, L.P.C.
Care and Counseling Pastor, Carmel Baptist Church
Director, Carmel Counseling Center

For many years I worked on psychiatric units. Around the holidays, as excitement would fill the air, we would actually see an increase in the number of patients who were admitted to the hospital. Some might question...why? For many of us holidays are about "what is": family get-togethers, friends, lots of food, and sharing gifts and laughter. But for others, including the people I would see, holidays are a reminder of "what is not": broken relationships, loss of a loved one, or perhaps a wayward family member. In fact it is not uncommon, even for those of us who have a strong commitment to the Lord, to struggle with the "Holiday Blues." Solomon wrote in Ecclesiastes 3:1 & 4, "There is a time for everything, and a season for every activity under heaven...a time to weep and a time to laugh." What does this holiday season bring to you? Is it one of laughter or weeping? If this past year has included some type of loss, for example, a death in the family, a miscarriage, a divorce, a broken dream etc., in all probability you will experience some level of the "Holiday Blues".

5 Strategies to Overcome the "Holiday Blues":

1. Do not be in Denial. Your feelings are not wrong so do not bury them. Share them with a close, affirming friend, pastor, or counselor.
2. Do not try to replace the loss. Remember, most losses cannot be recovered.
3. Do not feel like you have to grieve alone. There are people that understand and have been down a similar road.
4. Remember: losses are not abnormal, not dealing with losses are.
5. Discover help through God's Word

Biblical Insights for understanding Loss:

The Bible talks much about loss. Here are some Scripture verses that might aid you during the "Holiday Blues".

God grieves Loss

- The Father grieved over evil in Noah's day (Gen. 6:6)
- The Son grieved over the death of Lazarus (Jn: 11:35-38)
- The Spirit grieves over a believer's sin (Eph.4:30)

Loss measures the value of our attachments

- Our attachment to friends (Jn 11:36)
- Our attachment to family (Gen. 50:1)

Loss potentially interrupts life's routines

- Leaving mourners with little appetite (2 Sam. 12:17)
- Causing mourners to wish for death (2 Sam. 18:33)
- Multiplying mourner's illness and death (1 Sam. 4:18-22)

Loss can persist over an extended period of time

- For seven days (Gen. 50:10)
- For thirty days (Num. 20:29)
- For seventy days (Gen. 50:3)

Loss is potentially expressed in a variety of ways

- By shock, numbness, or denial (Mark 8:31-32)
- In anger (Job 10:9)
- Through bargaining (Is. 38:1-22)
- With depression (2 Sam. 12: 16-18)
- With acceptance (Phil 1:12, 21-24: 4:11-13)

Loss is facilitated by various expressions

- Through songs (2 Sam. 1: 17-27)
- Through poetry (Lam. 1-5)

God responds to our loss

- Recording our tears (Ps. 56:8)
- Sympathizing with our weakness (Heb. 4:15-16)
- Eventually ending our griefs (Is.65:19, Rev. 2:4)

Remember, if the Holidays have you down there is probably a valid reason for feeling blue. Usually, these feelings revolve around some loss, such as, the death of a loved one, a child having been recently married, to any type of change from your regular routine in life. Identify the loss and begin to express it with someone who will affirm your feelings, because what you are experiencing is normal.

Disclaimer: The "Holiday Blues" is different from clinical depression. If you believe you or a loved one might be clinically depressed please consult your physician or a professional who can assess for this illness.

Resources:
[Recovering from the Losses of Life](#), H. Norman Wright, Revell, Grand Rapids, MI, 1991

[A Grace Disguised, How the Soul Grows Through Loss](#), Gerald Sittser, Zondervan, Grand Rapids, MI, 1996

[Windows of the Soul](#), Ken Geyer, Zondervan, Grand Rapids, 1996