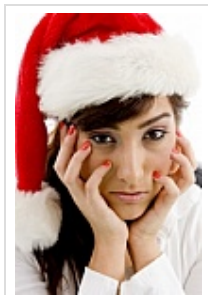


# BowTieLawyer

01/03/2013 · 2:37 PM | EDIT

## Holiday Burnout; 3 Tips to Cope and Keep Moving Forward.

Now that the Holiday's hustle and bustle are behind us it is common for an emotional lull or brief lull to set in. These are the Christmas Blues and are real. These are especially common in those persons under stress of family law litigation.



imagery majestic/  
freedigitalphotos.  
net

Christmas Blues happen for a number of reasons; all of the excitement and anticipation of the holidays, financial problems that were ignored can no longer be (your personal financial cliff), the relatives enjoy seeing have gone back home, and the "doldrums" of work and real life are back, in full force. A medical term that can be applied; seasonal affective disorder.

There are a few mechanisms to cope with these Christmas Blues. I have [previously blogged on dealing with holiday burnout](#) keeping a routine, adding some form of physical fitness and making your bed every day, these concepts are applicable. However, the Christmas Blues can be counteracted with a few other techniques, which are appropriate if you are dealing with or anticipate dealing with family law issues.

- **Get a financial check-up.** Meet with your financial advisor or CPA. Hire one if you don't think you don't have a need or do not have enough assets to warrant it, however knowing where it goes and what to do with it helps regardless of your situation.
- **Get a medical check-up.** This is almost as unpopular as going to the dentist, but do it anyway. What's going on with your health is important and can head off future issues. I know you're busy. Do it anyway.
- **Get a spiritual check-up.** Why do bad things happen to good people? Why is there so much tragedy in the world? I do not have all of the answers, but these are common questions. Being through your church, other place of worship or out in the woods, helps you cope with life's unanswered questions.

These are not earth shattering, though may be annoying or hard to schedule in. Do it anyway. You can do it.

---

*Matthew is a divorce attorney, food blogger, and Mississippian, none of which he apologizes for. Follow me on Twitter @BowTieLawyer*

here, at <http://www.BowTieLawyer.wp.com>.

You may also phone or email Matthew with your family law question or need at (601) 850-8000 or [Matthew@wmtlawfirm.com](mailto:Matthew@wmtlawfirm.com).



---

Rate this:

Rate This

Spread the Word:

Press This

Like 0

Share 1

Tweet 1

StumbleUpon

1

Print

Email

More