

## **Call on Dr. Zedek to get you Through the Holiday Blues in Las Vegas**

*Nationally recognized psychiatrist Ron Zedek, M.D., in Las Vegas, Nevada has announced that his offices will be open 7 days a week for most of the holiday season. If the holiday stresses become too much for you, Dr. Zedek's offices will be open with professional staff on hand to help you cope.*

December 17, 2009 (FPRC) -- Nationally recognized psychiatrist Ron Zedek, in Las Vegas, Nevada has announced that his offices will be open 7 days a week for most of the holiday season.

Dr. Zedek recognizes that the holiday season can be a very stressful time for almost everyone. In addition to all the usual day to day activities and associated stresses, many people start thinking about getting together with family, planning activities, holiday parties, menus for special meals, holiday shopping and trying to please everyone. Anxiety and depression are two conditions that seem to surface in response to added seasonal pressures.

In addition, the shorter days, colder weather, and change in the ability to get out and enjoy outdoor, 'stress reducing' types of activities, can actually exaggerate anxiety and depression symptoms.

Some things that you can do to help you cope with the added stress during the holidays include:

- \* Ask others for help.
- \* Reserve some alone time for yourself.
- \* Watch what you eat and drink. Too much alcohol can exacerbate depression symptoms.

Most people get through the holidays without outside help. However, it is anticipated that this year could be especially stressful due to the economy. For those who find this holiday season overwhelming and who live in or around the Las Vegas area, Dr. Zedek wants each and every one of you to know that help is out there for you. His offices will be observing the following holiday office hours beginning immediately:

Monday – Friday 6:30 am – 6:30 pm

Saturday – Sunday 9:00 am – 3:00 pm

The offices will be closed for Christmas day and weekend, (Friday, December 25, 2009 through Sunday, December 27, 2009)only. While appointments are usually a good idea, walk-ins will be accommodated as soon as can be worked into the schedule.

### **Contact Information**

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### **Keywords**

[holiday stress](#)

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