

- A third more people seek help for depression in the New Year, says Cario Nightingale Hospital -

The onslaught of the Christmas period, with the whirlwind of parties and excess, leads to a noticeable rise in depression in January. [Cario Nightingale Hospital](#), Central London's leading mental health hospital, recognises a significant surge in New Year depression cases. Last year in-patient figures were up a third from December 2009 to January 2010 and this trend is set to be repeated in 2011. These figures are a worrying reflection that many of us put our feelings on hold during the chaos of Christmas and are left feeling blue come the New Year,.

Lots of people struggle to readjust come January and realise that they need to address feelings of depression. Issues such as job security, financial difficulties and responsibilities can be on people's minds and can seem overwhelming for those suffering from anxiety and depression. [Cario Nightingale Hospital](#) has responded to this by developing a bespoke package designed to help sufferers of all kinds of depression including one-to-one outpatient therapy sessions, pioneering sleep and energy management and mindfulness.

[Cario Nightingale Hospital](#) understands that every person is unique and so the treatment programmes are tailored specifically to meet the individual's needs. Dr William Shanahan, Executive Medical Director at [Cario Nightingale Hospital](#), comments, "A lot of people find they are swept up in the Christmas Holiday period, and it is only as we enter January that they begin to feel overwhelmed with feelings of depression often so severe that they feel the need to seek treatment. We always see a rise in the number of depression patients throughout the first part of the year and [Cario Nightingale Hospital](#) encourages anyone who is experiencing these feelings to seek professional help. Early intervention by an experienced psychiatrist or therapist can address these problems before they become overly advanced and assist in a swifter recovery."

For anyone who is struggling with feelings of depression or lacking motivation in the New Year, Dr Nerina Ramlakhan, Sleep and Energy Coach at [Cario Nightingale Hospital](#) has developed the following top tips:

- Develop good nutritional habits: Christmas can be a time of over-indulgence, why not try to use the time to get into some good habits: eat breakfast every morning within 30 minutes of rising to kick start your energy and metabolism and minimise production of

adrenaline – it also helps burn any extra calories consumed during the day more efficiently; stay hydrated – we actually become stressed when we're dehydrated, particularly if alcohol is consumed, so aim for 1-2 litres a day; and cut back on caffeine which is an artificial form of adrenaline and can affect sleep patterns leaving you jittery and anxious – you should avoid caffeine altogether after 3pm.

- Correct the rest-activity balance: Recharge your batteries by getting good rest and exercise, topping up good quality sleep with power naps if possible – research has shown that these naps rebalance the immune and nervous systems. Exercise is a great antidote to stress so try to keep active – simply walking is great exercise and a very effective mood-booster. Make sure you put healthy boundaries in place, make rules for switching off Blackberries and mobile phones to allow time to properly engage with family and friends.
- Do something you care about – everyday: These can be little things such as listening to your favourite song or relaxing in the bath with a book that lifts your spirits – William Bloom describes this as “endorphinating” as you are allowing yourself to experience pleasure.
- Take a deep breath: Jean-Paul Satre said ‘Hell is other people’ and all too often at Christmas we are surrounded by friends and family when all we want is some peace and quiet. If you find yourself getting caught up in conflict, pause, take a deep breath and ask “is it really worth it?” Disengage and keep your energy and emotions intact – if that doesn't work, find a constructive way of releasing any rage: talk to someone, sing or cry it out, do a kickboxing class or go for a run ... whatever it takes. Just don't hold on to it.
- The power of gratitude: Research suggests that like optimism, gratitude can have significant health benefits, including better sleep. Why not try the following exercises? Acknowledge each positive thing that has happened to you, then give thanks – it could be as simple as giving thanks for a lovely cup of tea and can (but needn't) have a religious resonance. Alternatively, why not keep a gratitude diary for 30 days, writing down every day the things for which you can be grateful – from getting to work on time to receiving a bonus. You'll be amazed at how long the list is and how many more good things seem to keep coming your way!

To find out more about the therapies and treatment programmes offered at the Capio Nightingale Hospital please phone 0800 783 0594 (24hrs) or visit [www.nightingalehospital.co.uk](http://www.nightingalehospital.co.uk).

<Insert details of New Year package>

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Notes to Editors:

Capio Nightingale Hospital is the leading independent mental health hospital in central London. They are experts in treating individuals with mental health or emotional issues through their highly experienced Consultant Psychiatrists, Psychologists, Specialist Therapists and Nurses. The hospital's multi-disciplinary teams offer evidence-based and individually tailored treatment programmes for outpatients, inpatients and day care patients. To view their extensive range of services, therapies and enhanced treatments please visit [www.nightingalehospital.co.uk](http://www.nightingalehospital.co.uk).

Capio Nightingale Hospital...Building confidence and well being in a safe and healing environment