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Mental Health Minute: Do You Have the Bridal Blues?

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If you celebrated Christmas as a kid, remember that feeling when all the presents were unwrapped and the cousins went home and it was all over? Can you say "let down"? Some experts are now warning that newlyweds are susceptible to a similar let down effect that's being called "the bridal blues"--do you have a case of it?

According to [this article](#) from *The Daily Mail*, as many as 10 percent of newlyweds suffer from "post-nuptial" depression shortly after their weddings, and many find their way into therapy to deal with their plummeting happiness levels.

What happened to the honeymoon period, wedded bliss, and all that?

San Francisco psychologist Michelle Gannon told *Time* magazine that newly-married couples need a reality check. "I tell them: 'Where did you get the idea you weren't supposed to fight? You are. It's normal.' It's also normal to remain independent and to be responsible for your own happiness. It's unreasonable to assume your partner is going to be everything to you."

And, reports *The Daily Mail*, Terry Eagan, medical director of the Moonview Sanctuary in Santa Monica, California, calls post-wedding depression "the secret sadness because women who suffer from it are often too embarrassed to tell anyone, while men simply bottle-up their feelings."