



## Sights and sound of salsa

Getting into his salsa music, Lalo Davila, left, performs with his band, Lalo Davila & Friends, during a concert at Seabrook Auditorium at Fayetteville State University last week. Mr. Davila is a professor of music and the director of Percussion Studies at Middle Tennessee State University in Murfreesboro Tennessee. This event was sponsored by the Division of Student Affairs and the Department of Performing and Fine Arts.

Voice photos by Dea Spicer



## 9 ways to beat holiday depression

by Shirley Townsend  
Voice News Editor

The holiday season can be a time full of joy, excitement, parties and family gatherings, but for many people, it is a time of loneliness and reflection on past failures, as well as anxiety about an uncertain future. Many things can cause holiday depression such as fatigue, stress, anxiety, financial issues, failure of grades and an inability to be with one's family and friends. Many people experience post-holiday depression in college and especially members of the military.

"Holiday depression can be overwhelming for students if they are not connected to or have developed peer relationships with other stu-

dents within their hall who may be going through the same thing," says Tara Melvin, hall assistant at Harris Hall.

Some people experience depression or suicide by sudden feelings of tension and sadness while others experience stress responses such as headaches, excessive drinking, over eating and difficulty sleeping. Studies show that many people unknowingly suffer from seasonal affective disorder (SAD), which results from being exposed to fewer hours of sunlight as the days grow shorter during the winter months. Phototherapy, a treatment involving a few hours of exposure to intense light, is shown to be effective in relieving depressive symptoms in patients with SAD.

Tips for coping with holiday sad-

ness or depression include being realistic about what you can and cannot do. Try to set realistic goals for yourself. Pace yourself and organize your time. If you are away for college or in the military, search for networking or holiday social events to keep yourself surrounded by positivity and people who may be going through similar emotions. Express your feelings to close friends, spouses, or significant others' to ensure they are able to accommodate

you however they can. The most important thing, is to remember that adverse times don't last and people can't help you cheer up if they don't know you're feeling down.

### Tips for coping with stress & depression during the holidays

- Contact a Fayetteville State University Counselor
- Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it is a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in com-

paring today with the "good ole' days."

- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.