

## "Tis The Season" Coping With Christmas Stress, Depression

'Tis the season to be jolly. However, thousands of Americans won't be jolly during this yuletide season.

Many people in this country will spend the holiday season pre-occupied with day-to-day living. More specifically, they are and will be in a state of depression. Depressed about their relationships with their mates, depressed about the state their lives are in, and, more often than not, depressed about their financial situations.

According to statistics on depression, the Christmas season is the time of year that many depressed people consider suicide. After all, a person who feels he or she is not happy with their circumstances has little to look forward to. With the constant reminder of those around them being cheerful, that depressed person wants an escape.

Perhaps, for that reason, the Christmas season should be a time for people to consider giving more. Not of gifts, but of themselves to others. The Christmas season is supposed to be a time for peace on earth and good will toward men. If everyone extended themselves and looked at their fellow man, perhaps someone's spirit might be uplifted.

Of course, this would not solve all of the problems with depressed individuals. However, it would be a start in the right direction. Many depressed people are in their situation due to the lack of sensitivity by their fellow man.

The "me generation" in America has caused most people to think of self first and others later. But if we put the plight of the less fortunate

ahead of ourselves we would begin to deal with many of society's problems.

One of the best ways to get involved with the less fortunate is to find a group to become active in. These organizations range from the Big Brothers and Big Sisters, the Forsyth Court Volunteers, the Forsyth Mental Health Association and lots of others throughout the community. Yet, you don't have to officially commit to being involved in an organization.

As we go about our daily activities there are opportunities to help others. A friendly smile can sometimes boost a person's emotional state. So could a warm, friendly conversation with someone who is down or disheartened.

The spirit of Christmas should also be practiced every day of the year. Instead of bringing out our cheerfulness at one season in the year, we should carry it with us throughout the year. But it has to start somewhere. This Christmas give the true gift of love. Give of yourself.



**Peace &  
JOY**

*A great combination.  
Thanks, friends!*



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Heavenly Ham offers a variety of delicious gifts that every family enjoys; from our glazed spiral sliced hams, smoked whole turkeys and turkey breasts, to mouth watering pies. They provide a centerpiece to the holiday meal while allowing the recipient to relax with his/her family.

We are very proud, not only of our products, but also our exceptional customer service. Each Heavenly Ham is locally owned and operated. Owners are in the store each day, ensuring that both the quality of the hams and turkeys and the service exceed your expectations. Our store location is 624 Hanes Mall Boulevard.

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Heavenly Ham (7lbs - 8 lbs.)  
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*May Your  
Days Be Filled  
With Light  
& Laughter*



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wishes you joy at  
**Christmas and Happiness**  
in the New Year!

Thank you for brightening our year with your kind patronage. We look forward to serving you through the holidays and beyond.

Happy Holidays to all of our friends across the region.

Thank You for Making our  
Fund Drive a Success!

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