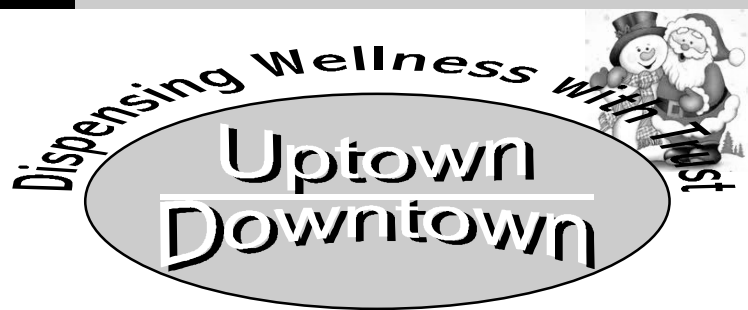


  
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## Stress, depression and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests—stress and depression. And it's no wonder. The holidays present a dizzying array of demands—parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

### Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

**Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

**Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing

pictures, emails or videos.

**Set aside differences.** Try to

accept family members and friends as they

are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

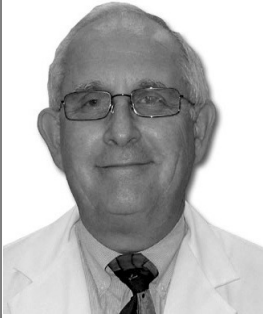
**Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

**Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

**Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.



*(Continued on page 4)*



## Let's Talk

Dr. Jerry Shapiro

Greetings to all and happy holidays.

I have decided on a Potpourri of things to speak about this month with most related to what we are doing at the store for the holidays.

Once again we have brought in the Cashmere scarves that have been our number one seller year after year. With the cold weather upon us it is probably a great time to buy one for yourself and one for a friend. Our regular special applies as well (one for \$28.00 and two for \$50.00). As we do all year long there is free custom gift wrap for all purchases made at Uptown. We will be shipping to anywhere in the Continental USA at our cost.

Our boxed and individual cards will be on display for both Christmas and Chanukah which will fall in close proximity to each other this year. We picked up something rather unique this year, an artificial tree that changes color on a cycle and looks great. Being artificial it can be used year after year.

This year as we have done in the past for each \$75.00 in cumulative purchases you will be able to pick out a free plush animal valued at \$20.00.

As I have mentioned in the past we have brought in a high powered fish oil. For the month of December we will be offering a special. The 30's will feature a \$5.00 savings and the 60's and 120's will feature a \$10.00 savings. What separates this from other fish oil is the purity and strength. The fish oil is 2100 mg per two capsules (twice as strong as any other including the prescription strength) . For best results you will only have to take 1/2 the amount you would normally take. Because of the purity there is no burping with a fishy taste. The product is excellent for people with heart disease and women taking either hormone replacement therapy or birth control pills. Along with this it is also great for healthy skin.

One of our other great and unique products is Arnica Profen for the aches, pains and headaches we all get. Just rub it on three or four times a day and watch the pain disappear. What makes this special is that there is little if any smell and it does not get hot. This allows application to normally sensitive areas. If you have not tried it yet ask one of your co-workers who has.

Once again I want to wish all of you a joyous and peaceful holiday season filled with only good things.

## Computer smarts

If you've been confused by Internet slang, check out [www.NoSlang.com](http://www.NoSlang.com). There you can find the meaning of common abbreviations and acronyms used in message boards, blogs and texting. Examples: *rofl* ("rolling on the floor laughing")...*ffty* ("fixed that for you")...*ymmv* ("your mileage may vary"). Just enter the abbreviation, and click "Translate Slang." The site also has information on common Twitter abbreviations, instant messaging etiquette and more.

**Safeguard your computer** with password management software. Everyone knows that he/she should create complicated passwords for online accounts, but remembering them can be difficult. Password management software such as Roboform ([www.Roboform.com](http://www.Roboform.com), free trial version available) can remember all of your log-ins and passwords and then secure them all with one master password, so you only have to remember the one password to access all of the sites you frequent. Another option is the Firefox Web browser ([www.Firefox.com](http://www.Firefox.com)) which can remember passwords and lets you set a master password without additional software.

## Men's Executive Gifts



**Looking for a gift for your male coworker, employee, or boss? We carry a large selection of picture frames, desk, and personal items that he will surely appreciate.**

## New travel Websites

- **Inside-Trip** helps you choose the best airline by comparing flights using 12 criteria, such as legroom, on-time record and aircraft age.
- **Hipmunk** helps users identify flights that might be agonizing because of layovers and an abnormally long trip time.
- **GogoBot** lets users get trip recommendations from their friends on Facebook and Twitter.
- **Triplt** uses your flight itinerary to build a custom report with maps and the weather forecast.
- **Jetsetter** gives members discounts of up to 50% on travel to exotic locales and upscale resorts.
- **Room 77** helps you choose the best hotel room by ranking rooms by variables such as price, bed size and distance from the elevator.



## Hints from JoAnn

### Simple Way to Sharpen Scissors

To sharpen a pair of scissors, fold a piece of aluminum foil in thirds, then cut it with the scissors at least a dozen times. Then cut a piece of paper and see if the scissors are sharper. If they aren't as sharp as you want them to

be, take another piece of foil and do it again. If they still aren't sharp enough, take a sheet of fine sandpaper and cut it up.

If, after you've cut foil and sandpaper several times, the scissors STILL aren't as sharp as you want, consider buying a new pair of scissors.

Caution: Foil/sandpaper sharpening is not recommended for a good pair of sewing shears. Always have them sharpened by a professional sharpener.

### Easy Blender Cleanup

Let your blender clean itself...sort of. Once it's ready to be washed, fill it one-third of the way with just-boiled water. Add a few drops of liquid dish detergent and, when the water cools, toss in a couple of ice cubes. Put on the lid securely and blend for about 15 seconds on high. Then rinse and dry.

### Perk Up Wilting Flowers

As soon as cut flowers start to wilt, reach for a can of aerosol hairspray. Hold the can about one foot away from the underside of the leaves and petals, and spray in an upward direction. The glycerin and acrylates found in commercial hairspray should help the flowers survive another few days.

### Get Every Last Bit

If you think you've squeezed every last bit of toothpaste out of the tube—think again. Place the tube in a glass of hot water for one or two minutes. As the heat makes the tube expand, it will release any paste stuck on the sides, and you should be able to get two or three more squishes out of it.

### Honey Helper

If your jar of honey has crystallized, reliquefy it by putting the jar in a bowl filled with very hot water. Let it stand for about 5 minutes, then stir until it's the consistency of honey again.

Always store honey in a dark place at room temperature.

### To Freshen Stale Rolls

Put your stale rolls in a small, brown paper bag, moisten the bag with water, and put it in the oven (preheated to 300°F). When the bag is dry—in just a few minutes, so don't leave the kitchen—take out the bag and remove the rolls. They should taste like they did when they were baked the first time!

## Chia seeds are good for you.



They provide healthful omega-3 fats, fiber, protein, calcium, iron, zinc and other minerals. They may slow the absorption of sugar and help reduce cholesterol. Add the seeds to cereal, oatmeal or yogurt. You can buy them at health-food stores and online.

## Dishwasher detergents don't clean as well as they used to.

New detergent formulas lack phosphates, chemicals that were good for cleaning but bad for the environment. *For cleaner dishes:* Tablets or packets tend to clean better than gels or powders. Run the hot water tap for a minute before turning on the dishwasher—the dishwasher will start out with hot water, which will dissolve the detergent at the start of the cycle. To remove the white film left by phosphate-free detergents: Put two cups of vinegar in a bowl on the bottom rack of the dishwasher with the film-covered dishes and let the machine run a cycle without detergent before washing dishes with detergent to get rid of the remaining vinegar.

## When you're in a boring meeting, doodle.

Doodling helps you stay awake and can increase your ability to remember information by nearly 30%. Best: Draw something upside down. That wakes up the right side of the brain, which is responsible for energy and creativity.



(Continued from page 1)

**Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

**Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

**Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

### **Take control of the holidays**

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

*This article is from the Mayo Clinic Staff*

### **Signs You've Had Too Much Holiday Cheer**

1. You strike a match and light your nose.
2. You take off your shoes and wade in the potato salad.
3. You hear a duck quacking and it's you.
4. You tell your best joke to the rubber plant.
5. You refill your glass from the fish bowl.
6. You hear someone say, "Call a priest!"
7. You start kissing the portraits on the wall.
8. You complain about the small bathroom after emerging from the closet.
9. You ask for another ice cube and put it in your pocket.
10. You tell everyone you have to go home...and the party's at your place.
11. You have to hold on to the floor to keep from sliding off.
12. You pick up a roll, and butter your watch.
13. You yawn at the biggest bore in the room...and realize you're in front of the hall mirror.
14. You take out your handkerchief and blow your ear.
15. You suggest everyone stand and sing the national budget.

### **Treat nonstick cookware with care.**

*Preseason nonstick pots and pans* before the first use by rinsing and drying them and then rubbing them with a little cooking oil on a paper towel. *Each time you use a nonstick pan*, rub about a teaspoon of oil or butter on the cold pan.



Despite the name "nonstick," most need a little lubricant. *Don't use cooking sprays that contain soy lecithin*, such as Pam—they build up in the areas where the heat doesn't burn off the spray, such as the sides of a frying pan, and the pan will become sticky. If you want to use a spray, try Baker's Joy, which contains flour as well as oil and won't leave the pan sticky. *Do not cook on high heat*—it will cause the nonstick coating to crack. Don't use metal or sharp objects to stir food. They can puncture the coating. *Hand-wash nonstick cookware*—harsh detergents and heat from the dishwasher can ruin the coating. *Place a cloth or paper napkin between stored pots and pans to prevent scratches.*

**Prevent a child's identity theft** on Facebook by making sure that he/she does not post his full birth date or address and uses the "friends only" privacy setting. Also: Explain to him what sorts of postings might make a bad impression on colleges and potential employers. And if he wants to make purchases on Facebook, be sure that he does not store a PayPal password on his Internet browser and does not bill anything to you without your permission.



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