

# TRIBAL PROGRAM NEWS



**Siletz Valley  
Early College Academy  
vs.  
Dufur High School  
First Round of State Playoffs  
Dufur 44 - SVECA 6**

*Left: A crowd of Siletz supporters traveled to Dufur (south of The Dalles) either by rooster bus or in their own vehicles to cheer the team on.*

*Below: The Siletz team moves closer to scoring a touchdown.*



Photos by Stuart Whitehead

## December Notes from Healthy Family Healthy Child Project

Like it or not, the holiday season is almost upon us. For some of us, the holidays bring a couple of unwelcome guests – stress and depression. And it's no wonder.

In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands, such as work, parties, lack of money, shopping, baking, cleaning, caring for elderly parents or relatives, the kids on school break and a score of other chores and problems. So much for peace and joy, right?

Healthy Family Healthy Child Project would like to offer some practical tips that might help minimize the stress and depression that often accompany the holidays. With luck, you might even end up enjoying the holidays more than you thought you might.

Holiday stress and depression are often the result of three main triggers. Understanding these trigger points can help you plan ahead on how to deal with them. They are:

- **Relationships.** Relationships can cause turmoil, conflict or stress at any time. Tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify, especially if you are all thrust together for several hours or days. Conflicts are bound to arise with so many different personalities, needs and interests. On the other hand, if you are facing the holidays without loved ones, you might find yourself especially lonely, sad or depressed.
- **Finances.** Like your relationships, your financial situation can cause stress at any time of the year. But overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy. You may find yourself in a financial spiral that

leaves you with classic symptoms of depression, such as hopelessness, sadness and helplessness.

- **Physical demands.** The strain of shopping, attending social gatherings, travel and preparing holiday meals can wipe you out. Feeling exhausted increases your stress, creating a vicious cycle. Exercise and sleep, good antidotes for stress and fatigue, can take a back seat to chores and errands. High demands, stress, lack of exercise and overindulgence in food and/or drink are all ingredients for holiday blues.

When stress is at its peak, it's very hard to stop and regroup. Try to prevent stress and depression in the first place, especially when you know the holidays have taken an emotional toll in previous years. The following are some thoughts about heading off holiday stress and depression:

- **Acknowledge your feelings.** If a loved one has recently passed or you are not able to be with your loved ones, realize that it's normal to feel sadness or grief. It's OK now and then to take time just to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- **Seek support.** If you are feeling isolated or down, seek out family members, friends, community or possibly social services or religious services. They can offer support and companionship. Consider volunteering at a community or religious function. Getting involved and helping others can lift your spirits and broaden your friendships. Also, enlist support for organizing your holiday gathering, as well as meal preparation and cleanup. You don't have to go it alone.

- **Be realistic.** As families change and grow, traditions and rituals often change as well. Hold on to those you can, but also accept that you may have to let go of others
- **Set differences aside.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Practice forgiveness and set aside grievances until a more appropriate time for discussion. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. Be understanding if others get upset or distressed when something goes wrong.
- **Stick to a budget.** Before you go shopping, decide how much money you can afford to spend. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay those bills. Don't try to buy happiness with an avalanche of gifts.
- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. That will help you prevent a last-minute scramble to buy forgotten ingredients. Expect travel delays, especially if you are planning to fly.
- **Learn to say no.** Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you will avoid feeling resentful, bitter and overwhelmed.
- **Don't abandon healthy habits.** Don't let the holidays become a dietary free-for-all. Some indulgence is OK,

but overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so you don't go overboard on sweets, cheese or drinks.

- **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. Retreat to a quiet place, even if it's to the bathroom, for a few moments of solitude. Take a walk at night and stargaze. Listen to your favorite music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring your inner calm.
- **Forget about perfection.** Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. Your sister might dredge up an old argument, your partner might burn the cookies or your mother might criticize how you raise your kids – all in the same day. Accept those imperfections in yourself and in others.

Remember, one key to minimizing holiday stress and depression is knowing that the holidays can and do trigger stress and depression. Accept that things aren't always going to go as planned. Then take active steps to manage stress and depression during the holidays.

Take time to breathe. Take time to laugh. Remember also that alcohol is a depressant and can make bad situations worse. Be safe. Be healthy. Be kind to yourself and accepting of others and, if possible, have a great holiday.