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you take would be a good one. Raining? Walk or run on the new track or sweat it out in the **cardio and weight rooms** at the newly renovated Patriot Hall at Clatsop Community College, perched above Astoria and replete with glorious views. A punch card costs just \$15 and is good for five visits.

Then at 10 p.m. Friday, Dec. 22, you can dance it out at **Everybody's Christmas Dance Party** at the Merry Time Bar and Grill with DJ Kevin Lee. Everybody's invited.

4.) You are tired

Excuse yourself and take a nap.

"Sleep is really important," Baker said. "I fully support a nap in the middle of the day. That's good self-care, and regenerative. Good sleep has a significant impact on our sense of well-being and happiness."



Chroma Loft Salon in Gearhart specializes in outrageously vibrant hair color, in case you need to really alter your appearance for such occasions as, say, the holidays.

5.) You are cranky

Wait a minute, are you actually thirsty? For water? You should probably go drink some. There is a **natural spring** on U.S. Highway 26 at mile marker 28, about 30 minutes from the junction in Seaside. But check road conditions before you go, and don't forget to bring a jug or two.

6.) You are pressed on your politics

"My own personal experience is that the holidays are not the best time to work out relationship difficulties. It's just too much of an emotionally charged time of year to try to resolve conflict. You can't change people in your family," Baker said, "so why even bother?"

7.) You are without a car or otherwise can't escape the house

Put in headphones and



Ebenezer Scrooge and Tiny Tim

GEORGE VETTER PHOTO/CANNON-BEACH.NET

listen to a podcast. I have a friend who had a particularly bad Christmas last year. She swears by **The Moth Radio Hour's "California Goth-**

ic" by Taylor Negron. "This wackadoo story is what saved Christmas for me last year," she said.

Then take a bath and lock the door or read a book. I recommend the gorgeously illustrated "**The Lost Words: A Spell Book**" by Robert Macfarlane, suitable for all ages.

8.) You forgot a gift

If you are given an unexpected gift and have nothing to offer in return, be gracious and genuine. You can always follow up with a gift or card later.

Don't forget **The Annual Sparkling Wine Event** 3 to 8 p.m. Saturday, Dec. 23, at Fresh Foods in Cannon Beach, where you can taste champagne, cavas and Proseccos just in time for the

holiday season.

9.) You want to be seen, but not recognized

You could alter your appearance entirely with **unicorn or mermaid-inspired locks** at the Chroma Loft Salon in Gearhart. Wells Gregory specializes in outrageously vibrant hair color. Then no one will recognize you.

In addition, Gregory is having a raffle during December with additional prizes for anyone who picks a winning number and 10 percent off the next visit for those who don't.

10.) You feel offended
Meditate. Perhaps you are too identified with your personhood and out of touch with your real presence? Consider attending Wel-

coming the Unpredictable: A New Year's Retreat for Women at the Great Vow Zen Monastery from Thursday, Dec. 28, through Monday, Jan. 1. Visit their website for cost and other details.

Another option: **Head-space** is a free-to-start app that gently prompts you to take a daily break from any incessant mind chatter.

11.) You feel lonely

"Go volunteer. Go help other people who are struggling," Baker said. "It is our connectivity to others that makes life worth living."

So even if you don't have family in the area, go volunteer at the Food Bank (503-861-3663) or the Astoria Warming Center (760-298-8932).

12.) You feel confused about life

Consider walking the **labyrinth** at Grace Episcopal Church on the first Sunday of January. Perhaps walking that maze-y loop-de-loop will untie some knots in your head.

13.) You feel sad

If you can do most of the things on this list, guess what? You are in great shape. Practice gratitude.

For classic reminders, go see "**Scrooged in Astoria**" 7 p.m. Friday and Saturday, Dec. 22 and 23, at the Astor Street Opry Company Playhouse; or, at 7:30 p.m. Thursday through Saturday, Dec. 21 through 23, "**A Christmas Carol: The Musical**" at the Coaster Theatre.

"Surround yourself with happy people as much as possible," Baker said.

Scientists at Yale published a study that suggests your friends' friends influence your happiness and vice versa. Those degrees of separation mean we are responsible for the company we keep and for our own emotional hygiene no matter the time of year.

If things start to feel too difficult, there's always help. Please call Lines for Life hotline: 1-800-273-8255.

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