



Unitarian Universalist
Fellowship of
Central Michigan

Open Arms • Open Minds • Open Hearts

Welcome to this special service
to acknowledge the difficult
feelings that often accompany
the winter holiday season.

All of you is welcome here!

“Blue Holidays”

Worship Leader: Rev. Drew Frantz

Opening Song

“Blue Christmas”

Welcome

Chalice Lighting

“Bennacht”

- John O'Donahue

Reading

“Driving to Town Late to Mail a Letter”

- Robert Bly

Song

“Motherless Child”

Sharing Time

*Everyone is invited to name a challenge
or difficulty in your life.*

Meditation and Prayer

Strategies for Self-Care

Winter Mudra

- Karen Hering

Reading

“The Cure”

- Ginger Andrews

Song

“For All That Is Our Life”

Chalice Extinguishing

Benediction

319 S. University Ave., Mt. Pleasant, MI 48858
P. O. Box 41, Mt. Pleasant, MI 48804-0041
989.400.4933 • admin@uufcm.org • www.uufcm.org

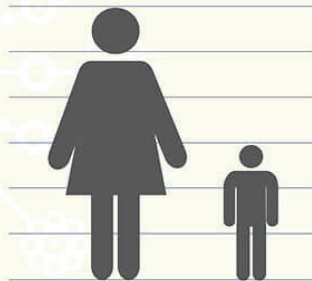


SEASONAL DEPRESSION

What you need to know about depression



21 MILLION
American adults suffer from depressive illness during any one year period.



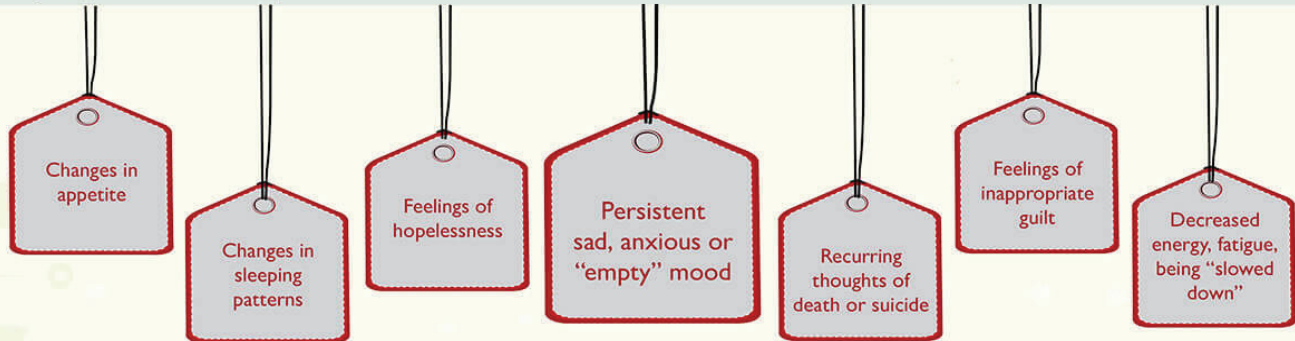
WOMEN

experience depression **2x** as often as men.



Without treatment, depression can last weeks, months or years.

Symptoms of depression



Major depression is classified as a type of affective disorder or mood disorder that goes beyond the day's ordinary ups and downs, becoming a serious medical condition and important health concern in this country.

How can you beat holiday depression?



Exercise
A daily 30-minute walk may help prevent depression – so take a brisk stroll down a snowy path!



Enjoy the Sunlight
As little as 15 to 30 minutes of sunlight, best in the early morning, will go a long way to alleviating the winter blahs



Get enough Sleep
A lack of sleep can take a toll on your mood – so aim for 7 to 9 hours of sleep each night.



Moderate Alcohol Consumption
Two glasses of wine are plenty for the holiday party – one if you've already had the eggnog.



Adjust Expectations
Don't let visions of perfection spoil everything. Learn that most things can be good enough – gifts, food, company, etc.

Concerned about depression?

If the depressed mood is serious, leading to isolation, crying spells, not sleeping or eating, hopelessness and thoughts of death or suicide, **get help immediately.**

