

# Holiday Greetings

The Holiday Season is upon us again. That time of year I most look forward to – the vacation days, *really* like the shopping). Of course, the presents are nice, too – both giving and receiving.

Ironically, it's also the time of year when stress and depression are at their peak in the world around us. It may sound obvious, but to a large degree, WE can decide how we feel during this time of year, or at any time of the year for that matter. So with that in mind, here are a few pointers for helping you be unhappy or happy – whichever you choose.

## How To Be Unhappy

- Make little things bother you. Don't just let them, MAKE them.
- Lose your perspective on things and keep it lost: don't put first things first.
- Get yourself a good worry, one about which you cannot do anything.
- Be a perfectionist, which means not that you work hard to do your best, but that you condemn yourself and others for not achieving perfection.
- Be right. Be always right. Be the only one who is always right, and be rigid in your rightness.
- Don't trust or believe people, or accept them at anything but their worst and weakest. Be suspicious. Insist that others always have hidden motives.
- Always compare yourself unfavorably to others. This guarantees instant misery.

Of course, if that doesn't sound too appealing, you can always consider the following suggestions from Benjamin Franklin:

## Christmas Suggestions

- The best thing to give an enemy is forgiveness;
- To an opponent, Tolerance;
- To a Friend, your Ear;
- To your child, a good Example;
- To a Father, Reverence;
- To your Mother, Conduct that will make her proud of you;
- To Yourself, Respect;
- And to all, Charity.

Happy holidays, everyone!  
*Herb*

***HOLIDAY GREETINGS FROM YOUR NCMA SPACE CITY–  
HOUSTON CHAPTER OFFICERS AND GALAXY EDITOR***



NATIONAL CONTRACT MANAGEMENT ASSOCIATION  
Space City - Houston Chapter  
P.O. Box 58513  
Houston, TX 77258

ADDRESS CORRECTION REQUESTED