



December Mental Health & Awareness

December is often the peak of Seasonal Affective Disorder (SAD) because it is the month with the fewest daylight hours, which can lead to feelings of depression. Symptoms include sadness, low energy, changes in sleep and appetite, and a lack of interest in activities. In addition to SAD, some people find great sadness during the holidays due to death, illness and tragedy.

As the Holidays approach, check on your loved ones, friends and family. While it is a time for celebrations, the holidays and seasonal changes can impact one's mental health and overall well-being.

December Important Dates

- December 7, 2025 Pearl Harbor Remembrance Day 🇺🇸
- December 14, 2025 Hanukkah begins at sundown 🕎
- December 21, 2025 Winter begins ❄️
- December 25, 2025 Christmas Day 🎄
- December 26, 2025 Kwanzaa begins 🕯️
- December 31, 2025 New Year's Eve 🎉

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- ✓ Our Firm Handles Criminal Defense, Family Law, Immigration, And Personal Injury Cases.
- ✓ Attorney Carlos Williams is experienced Attorney, With Over Four Decades Of Combined Experience In Oklahoma Courts.

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Encountering obstacles in the immigration process can feel incredibly daunting. Whether you're dealing with the aftermath of a deportation or facing barriers to entry, the stress can be overwhelming...

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8 Best Places To Visit In December In USA For Holiday Reunions



The first snowfall dusts the mountain peaks. Lights twinkle along charming Main Streets. The air carries the scent of pine and woodsmoke, and there's that unmistakable feeling that magic is in the air. December is the season for celebration, togetherness, and...

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Feeling Tired This Winter? Try These 7 Effective Remedies

If you find yourself hitting a wall in the middle of the afternoon, relying on caffeine to make it through your workday, or feeling tired more often than not during the winter, you are not alone. As the days get shorter and the temperatures get colder, it is not uncommon...

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Need Help or Have Questions?



If you or a loved one has questions or concerns about available relief, Adjustment of Status, or how the new changes to Immigration Policy impact you, please call our office for a FREE quick consultation at (918) 582-9529.

If you, a friend, co-worker, acquaintance or family member need legal help, click or touch one of the practice areas below:

 Personal Injury	 Immigration
 Criminal Defense	 Family Law

RECIPE OF THE MONTH



Chicken Soup

INGREDIENTS:

- ✓ 2 tablespoons extra virgin olive oil
- ✓ 4 medium carrots, peeled and sliced
- ✓ 3 parsnips, peeled and sliced
- ✓ 3 celery ribs, sliced

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