

# HOLIDAY CHEER

Some people feel especially happy during the holiday season due to the music, beautiful lights, exchange of spiritual values and gifts.

For others it can be a sad time bringing up issues with relatives, friends, old wounds and stressful family gatherings. Still others may be facing the holidays alone or without their children due to separated families.

It would seem that it's our own job to make the holidays what we want them to be and make the most of them. You can try to heal relationships before the holidays so they go better. You can learn to set boundaries so challenging people don't hurt your feelings or ruin your experience. You can bring foods you like to a holiday feast. This allows you to take care of your own health and dietary restrictions.



These are examples of how to prepare ahead of time so that you do not get stuck in some of the pitfalls of the holiday season. Anticipating the things that cause you to be unhappy or anxious and taking a proactive approach will allow you to truly enjoy the time that you spend with those around you. This can smooth many a wrinkle, be it at work, at social gatherings and family get togethers.

The other important thing to remember is to be in the moment. Appreciate what is happening right in front of you. Don't dwell on the past for too long, don't worry about tomorrow, it isn't here yet. The "present" is truly a gift to you. Un-wrap it and savor it.

You can love yourself enough to create more of what you need this holiday, more fun, more rest, more you time, more friends, more joy and less stress!



*"If all the year were playing holidays, to sport would be as tedious as to work."*

*-William Shakespeare*

## Tips To Increase Your Holiday Cheer!

- Make that phone call or send that email to agree to "bury the hatchet" before getting together for the holidays.
- Pack and bring any necessities that you must have to make your holiday complete.
- Greet everyone in the moment and spirit of the holiday, don't hold on to resentments or grudges.
- Make a pledge to enjoy this time thoroughly, it won't be back until next year!

*"Celebrate the happiness that friends are always giving, make every day a holiday and celebrate just living!"*

*-Amanda Bradley*



*"Blessed is the season which engages the whole world in a conspiracy of love!"*

*-Hamilton*

*Wright  
Mabie*



KATRINA GREENE, MSW

SUCCESSFUL LIFE COACHING

[WWW.SUCCESSFULLIFECOACHING.COM](http://WWW.SUCCESSFULLIFECOACHING.COM)

631-567-0008