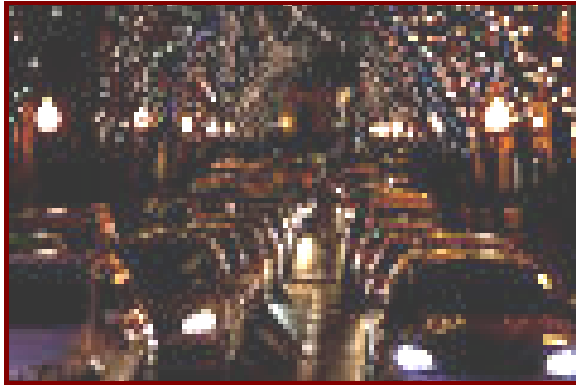


# BEATING HOLIDAY STRESS



You can already see the upcoming holiday items in the stores. For some the holidays conjure up thoughts of happiness, fun, joy and laughter with relatives, friends and loved ones. For others who may be going through separation, divorce, grief or are distant from those they care about or alone, the holidays may present a more sad, dismal or gloomy picture.

Whatever the scenario might be, these are only external circumstances and one can make the best or even a good situation for themselves and those they care about out of whatever they are given. As the saying goes, "if life gives you lemons, make lemonade."

***"Things could be a lot worse, the stress of the situation always could be worse, but I am alive and I have a lot to be thankful for - so I shall not waste my days with stress and frustrations - Life is too short."***

**-Catherine Pulsifer**

How did you get into this situation, you may wonder? Why are you the one hosting the event? Why don't others try harder to think of your needs? How are you going to make these holidays smooth and rewarding?

There might be relatives who pose a challenge for you to be around. Or those energy vampires who are always needing something from you.

Do you want to get some well deserved and badly needed rest? Can you handle them alone? Do you need support, help, motivation to cope? If you are getting depressed, you need to catch it early or nip it in the bud so you aren't overtaken by these feelings as the holidays draw nearer.

*'Tis the Season...*



***"I try to take one day at a time, but sometimes several days attack me at once."***

**-Jennifer Yane**

## Tips For A More Peace Filled Holiday Season

- \*Make a list of what is most important for you to experience this holiday season. Eliminate what doesn't hold meaning for you.***
- \*Make your events "people centered" not "merchandise" centered. They will be more enjoyable for everyone involved.***
- \*Allow yourself and those around you some down time when it is needed. It will help everyone feel refreshed and energized for this busy time.***
- \*Share with those who are less fortunate. Give of your time, talent and/or treasure. Often it is the greatest gift you can give yourself.***
- \*Make mental notes of what worked well, what fell flat and what was disastrous. This will help for next time.***

What is your ideal holiday like? What would you need to do to create it? What is in the way of your having that? Do you feel you deserve it? Are you using it as an escape when you have other more important things to be doing? That would only be a recipe for failure. See it, act on it and you can make it happen.



***"Tension is who you think you should be. Relaxation is who you are."*** -Chinese Proverb



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