

Pondering Point

While most of us enjoy the holiday season, it can bring significant amounts of stress. With Thanksgiving behind us and the holiday season in full swing, we find ourselves stretched thin between parties, shopping, decorating and cooking. For some, the holidays bring on negativity. We may find turmoil in the relationships we have with others, negative holiday memories from the past, finances and physical demands. Stress turns to the blues and the blues can ruin a holiday.

Stress can come from upsetting our daily routine. It becomes a struggle to manage everything we have on our plate. Take the opportunity this season to slow down! *Focus on what the season is all about.* This is a time to sit back and enjoy time with family and friends. Allow them to be a source of comfort and strength when things are unmanageable. Ask for help. **We can get the most out of this holiday season by pacing ourselves and learning to keep our cool.** Take the advice from those we meet on the street and have a **HAPPY** holiday!

'Tis the season... for STRESS!

Is holiday shopping leaving you WRAPPED in stress?



Imagine... giving yourself the gift of a peaceful holiday season.

— From Pondering to Practice —

Activity

Turn chores into quality time with family and friends.

Try this - Delegate

Ask others to help you cook holiday meals or assist you in holiday shopping.

- *Can you squeeze in some fun time with those around you as a break?*
- *Is there online shopping that you can do to cut back on the stress of traveling?*
- *What can you do to make this a **Happy** Holiday?*

"There cannot be a stressful crisis next week. My schedule is already full." - Henry Kissinger

Self Reflection

Schedule some time for **yourself** every day/night this holiday season. Use this to reflect on the year and those people special to you.

- *Is there someone you have to see and don't want to?*
 - Reflect on that and see what you can do to prepare for it.
- *What are the causes of your stress this holiday season?*
 - *Are there any ways that you can plan ahead to manage some of them?*
- *Is there stress because the economy does not allow us to spend as much as we have in the past?*
- *Is there something we can make with our own hands to show the love and heart of the season without breaking the bank?*
- *Can you spend time with those you don't know – that may need you?*

"As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same."

- Donald E. Westlake