

Staying Well and Generating Joy

Preparing for the Holiday Season

A few reminders that can help us all maintain a sense of well-being during this often busy season.

Plan ahead:

Think about what you'd *really* like, set your intentions, and ground them with practical planning and action.

Make a budget:

How would you like to budget your time, your money, and your energy? Find a system that works for *you*. Make choices you feel good about - and that you'll continue to feel good about when all is said and done.

Stay realistic:

Pace yourself, and allow for some buffer zone in your time, energy, and emotions.

Get clear:

Who and what enriches your life? Give your time and attention to *those* people, places, and events.

Say NO:

Give yourself permission to pass on the people, parties, and all that extra "stuff" that you don't *really* want to do. How about a "No" to anything that drains you or that you will resent later?

Increase your self-care:

Give yourself a *generous daily dose* of sleep, exercise, fresh food, and water. Allow for fifteen minutes of solitude or quiet time any time you can.

When you get stressed or uncomfortable:

Acknowledge it. *Telling ourselves our truth takes us out of defense*. Pause for a moment, breathe deeply, and feel what's going on. As you breathe, guide yourself into clarity... Is there anything you need to do or stop doing, or are you simply having a 'notice and release' moment?

Give a little:

Do something for another. Giving is good for you - it presumes that you have it to give, and that assumption can tap you into an awareness that *you do have it to give*. Whether it's time, money, love, or a little kindness and attention...Give.

Connect:

Find something about the holidays that energizes you. Feel that sense of connection. *Notice it and honor it*. Create special moments and memories.

Laugh:

Don't forget to laugh, play, and have some fun! Figure out what you honestly enjoy, and give it to yourself - regularly. Joy and laughter have an immediate revitalizing effect.