

‘TIS THE SEASON: FIVE WAYS TO STAY SANE
BY MARY JO KURTZ

With Christmas just days away many of us are feeling more than a little stressed. After all, there are last minute gifts to get, cookies to bake, cards to send, things to wrap, menus to prepare and money to spend! Where does it end? Unfortunately, after all the gifts are opened and we’ve tossed the wrapping paper and bows in the trash we all experience a bit of let down. Some of us will ask ourselves, “Was it all worth it?” And some of us will even say, “I don’t think so.”

So, during these last few days left I hope you will consider doing something a bit different.

- Enjoy what you’re doing during the moment rather than just checking it off the list. Remember why you’re doing it and take solace that you are doing it for a reason. Maybe you’re baking those special cookies because Aunt Jane waits all year for them and that’s your special thing.

- If you can’t find a reason for why you’re doing something – Stop! Maybe it’s one of those things you can let go of.

- Consider giving your loved ones something from your heart. Whether it is your time, a supportive ear, a sincere compliment or a big hug, think about what they may need but would never ask for. Have fun and offer it with your genuine love.

- Give yourself a gift this holiday – take care of yourself. All year long we talk about self-care, and we make our best efforts to take care of ourselves. But for some reason during the holidays we believe that self-care can wait until January. We accept that the holiday season is bad for us. Why not try a different approach. We can still celebrate the holidays and not make ourselves sick, gain ten pounds and go into debt. So – if you’re tired, take a nap. Practice saying “no” to things you really don’t want to do and don’t fall into the trap of spending just to spend.

- Give a loved one the opportunity to practice self-care. This is a great gift – offer a way so they too can take better care of themselves in the New Year and support them throughout the whole year.