

## Wellnecessity News...

Wellnecessity...Where Wellness is a Necessity

Holiday 2005

### Greetings!

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### Holiday Reflections



Here it is. We're smack in the middle of the holiday rush! Of course, we had to share with you a few thoughts to ponder during these last busy days that lay ahead. But, most of all, we wish you a *blessed* and *well* holiday season.

Recently I found myself lying in my daughter's bed just before she went to sleep. I was completely exhausted but I was feeling rather pleased with myself as we revisited the day's adventures. It was the end of Alexandra's 8th birthday and I thought I had pulled off a successful and "*happy birthday*." Feeling confident, I asked her if she had a good day. I was expecting her to confirm my self-pleasure and maybe even give *me* a small pat on the back. After all – it is all about me isn't it?

Imagine my shock when I saw a tear in her eye. She hesitated but then admitted, "It was a good day Mommy, but it just wasn't exactly what I thought it was going to be."

I held back my own tears, but I knew what she was trying to tell me. I knew that feeling all too well. The end of a special day when you realize it's over and it wasn't exactly what you were expecting or hoping for. Does this sound familiar to *you*?

I was reminded of all the times I had heard the same thing from clients, friends and family. And, I was reminded of some of my own holidays that left me wishing I had done something different. For many adults, we cope with this by

### What is Wellnecessity?

We are a professional coaching and consulting company dedicated to empowering individuals to create the lives they truly desire.

We believe that **WELLNESS** is more than just good physical and mental health.

A "well" life is **PURPOSEFUL** and **BALANCED**.

For us, living the life you desire is a **NECESSITY!**

If you are interested in finding out more about coaching and how it can work for you, call or e-mail us. Mention this newsletter and receive a **FREE** coaching session!

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telling ourselves: "It doesn't matter;" "It's not important;" "They're just for kids;" The truth is, it *does* matter, and there are steps we can take to create the holidays we really want.

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I admit I beat myself up a bit for failing to make it "*perfect*" for Alexandra. After all, isn't that part of the job description of a Mother? As expected, we did recover from this. We even talked about some ideas on how to avoid these feelings in the future.

I realized that with the holidays approaching I needed to revisit some of my own "*successful*" holiday strategies.

I never used to be a fan of the holidays. Each year, I would basically get through them and be relieved when they were over. I would focus on the children and how to make it a wonderful experience for everyone but me. Over the last few years, I took on a new perspective and decided to create a joyful experience for *myself* too.

This incident with Alexandra reminded me how important it is to manage our feelings and expectations during the holiday season. So, I would like to share with you **5 Tips for Surviving the Holidays**.

Also, this month we asked Julie to give us some of her **Weight Management Tips for the Holidays**. I hope that you will find them helpful.

I have also included **10 Tips for a Healthy Holiday Season**. Make sure this holiday is a healthy one.

As always, enjoy this wonderful season and **Be Well** my friends.

*Mary Jo*

## 5 Tips for Surviving the Holidays

1. "A high quality life has a lot more to do with what you remove from your life than what you add to it." -*Cheryl Richardson*

The same can be said for the holidays! We recently sat down as a family and watched Christmas with the Cranks, the story about a family who decides to skip Christmas. There are many lessons learned as they attempt this almost impossible feat. Contrary to my children's fears, I have not decided to skip Christmas. However, I have decided there are a few things that we can skip to make our holidays more manageable. I urge you to consider this as well. Make a list of the things that you typically do for the holidays. Are these things you "want" to do or that you feel you "have" to do? Whether it is sending out 100

handwritten cards or attending your 4th office holiday party, consider doing only what you "want" to do.

2. Have a plan and make sure you are in it!

Disappointment comes when we expect someone else to make our holiday's special. So, what do you need to feel good this holiday season? Create a plan of action. Put it on the calendar and make sure it happens. You may be creating some fabulous new traditions at the same time.

3. What if I told you that your thoughts can actually create your holiday experience? Are you expecting to feel stressed, sad, depressed or calm, happy, in-control? If you wake in the morning and expect a horrible day, you will most likely get it. So, set an intention for each day. Expect something great.

4. Holidays can be stressful for everyone, from the children all the way to Great Aunt Sally. Sometimes this means we are faced with tantrums or an adult who has had too much chianti. Instead of reacting with impatience or disapproval try asking yourself: "How would love act?" Sometimes, it is easier to act in a loving way to a stranger. Use this opportunity to show kindness and love to those that are closest to us.

5. For some, pushing the limits during the holidays can be a badge of honor. Whether it is decorating, writing cards, baking cookies, buying gifts, eating or drinking - we rationalize this behavior as a once a year occurrence. This allows us to postpone our worries until the bills come in or we get on the scale. Might you consider a gift to yourself: keep it simple and use moderation. Honor yourself now by considering your physical, emotional and financial health. Your holidays will still be magical and you will feel so much better when January arrives.

### **Holiday Weight Management Ideas**

December is not the month to expect major weight loss but you can manage your weight by doing the following:

1. Concentrate on eating protein. This will help in two ways. First, you'll feel more satisfied at the end of a meal so you're less likely to crave dessert. Second, if you do choose to indulge after dinner, the protein will protect you from a crash after the sugar wears off. When our blood sugar is low, we are much more likely to crave even more sugar.

2. Eat before the party. Let's face it, the fare at cocktail parties is yummy but not always in your best interest. Finger food tends to be fried, heavy on the dairy and carbs. I went to a 6 pm cocktail party on Saturday night. At 5 pm, I ate a huge piece of fish. When the trays of fattening treats were passed under my nose, I was able to

decline without feeling deprived. I still let myself cherry-pick the items that were low in calories. I enjoyed the food but because I wasn't hungry, I was able to focus on my friends and the conversation.

3. When we are overtired, our ability to resist carbs and sugar goes right out the window. Get your pick up from a nap rather than a brownie. Better to lay down for the twenty minutes you'd spend eating the holiday treats. It takes a lot of discipline to stop everything during the hectic holidays and give yourself twenty minutes of shut eye. Instead of feeling selfish for napping, applaud yourself for taking good care of yourself. You'll be setting an excellent example for your family and you'll give them permission to take care of themselves when they need to.

## 10 Tips for a Healthy Holiday Season

Staying healthy can be one of the greatest gifts you give yourself this holiday season. Consider these things when you are planning your days.

1. Get to bed as early as possible. Your body relies on deep restful sleep to rejuvenate. Especially critical are the hours between 10pm and 2am when the body releases hormones that heal the body. So for those 3 am Christmas Eve gift-wrappers, create a new plan this season.

2. Variety is the spice of life. Eat a wide variety of foods and put different colors on your plate. Eat nine to 10 servings of fruits and vegetables each day and look for foods that are rich in antioxidants.

3. Don't forget to incorporate whole food supplements into your diet. Especially important are B, C and E vitamins and calcium. \*

4. Schedule personal time at least 3 times per week. Use it to get moving with physical exercise and seek out serenity with stress reduction techniques such as meditation.

5. Hydration is vital. So, make sure to wet your whistle everyday. Drink eight to ten 8-ounce glasses of water and at least one cup of herbal tea per day. Try Sunrider's Calli and Fortune Delight Teas to strengthen your elimination system and rid your body of toxic build up. Add some raw organic honey for extra healing benefits.

6. Replace small talk with authentic connections! Engage in meaningful conversations with friends and family, enjoy physical touch with a real hug, laugh from your belly and have fun.

7. Don't skimp on cleanliness and good hygiene. Especially when you are exhausted at the end of the day, it seems

easier to jump in bed and forget your usual routine. However, consider that you are preparing your body to rejuvenate and recharge. Give it a fighting chance.

8. Try Chinese Goldenseal Root which is considered one of nature's greatest antibiotics and general body tonic if you are feeling run down. \*

9. Add Probiotics such as acidophilus into your diet. These promote good bacteria, destroy harmful bacteria, cleanse the body of mucous and debris and support the acid/alkaline balance in your intestines. \*

10. Experiment with aromatherapy and therapeutic grade essential oils. You will enjoy the scents that fill your home as well as their healing benefits. Try a festive scent, Balsam Fir, which is historically prized for its ability to heal respiratory conditions and muscular pain. It is also grounding, stimulating to the mind and relaxing to the body.

\* Sunrider's line of herbal whole foods includes these supplements. [Email](#) me for more information and I will help you incorporate these into your lifestyle.

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- create the relationships you have always wanted
- eliminate sabotaging behaviors and flourish in a new way

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