

10 Tips to Relieve Stress This Holiday Season

1. Follow your heart—Your gut instincts, rather than logic and intelligence ALWAYS knows the path to choose the right decisions for you, your family and your holiday company. Your strength and value lies in choosing the right path, regardless what the family is expecting. The reason for the stress in your life is probably for not listening to what your heart is telling you. Holidays are about giving from the heart.

2. Money, Money and No Money—Does thinking about financing the holiday season create stress or peace? If it is stress, then you are focusing on the wrong thing. Your mind is like a computer and will answer or react to any question or thought you give it. So why not ask it the right question or feed it the right thoughts? For example, when you want to buy that beautiful dress for Mother and think, “I can’t afford it” or say, “I don’t have enough money,” or “why can’t I make more money?” Your mind will respond with, “so look for something less expensive then,” or “you can’t make more money because the economy is poor, or you’re waiting for your raise...” Instead, ask yourself a powerful question such as, “What is the best way for me to finance this beautiful dress for Mother for the holiday season?” And then your mind will go to work answering that question. And watch for the answer! Remember—Open yourself up by contributing to others generously with your heart, not necessarily with money.

3. Watch Your Thoughts, Not Your Calories—“Thoughts become words, words become actions, actions become habit, habit becomes destiny.” What you think about you attract into your life. It is difficult, if not impossible to



attract a healthy weight and figure for yourself when you are focusing on what you don’t want. When you focus on being fat or over-eating, then you will attract that. Instead focus and think about being healthy, energetic and balanced with an attractive body. How does that look and make you feel? The more you focus on it, you will attract it into your life.

4. Good vibrations—The holiday is all about being in good cheer! Nothing like vibrating in a powerful and positive way to achieve that in your life. It also helps in focusing your thoughts on what you want for yourself. The best way to do this is through breathing and meditation practices. It clears your mind and heart and opens your connection to a peaceful and balanced way of being. 10 minutes in the morning as you wake up and 10 minutes before going to bed is all it takes.

5. Credit your gratitude—During the Holiday Season acknowledge others for their contributions and commitment, which in turn attracts more goodness and wonderment. Start by

listing three people you appreciate and tell them with gratitude... and watch the results!

6. Cure the Holiday Blues—The fastest and most direct way to get out of the “holiday funk” is to play five 30-second games of virtual reality. Virtual Reality is all about creating a vision of feeling great and then getting out. Get in, feel good, and get out! For example, take yourself on a wonderful vacation to Hawaii and picture yourself lying on the beach on a beautiful sunny day with your feet being washed by the warm water. How do you feel? Great, right? Great... get out! Next, picture yourself on the top of a beautiful mountain skiing down the slopes with no one around. The mountain is yours and only yours. Focus on how that makes you feel. Great, now get out. Find 5 or more of these 30-second virtual realities and do them consecutively and watch how your vibrations and energy shift into a beautiful feeling mood. Do this several times a day while you’re driving, on hold, or in line at the supermarket. And say goodbye to the Holiday Blues!

7. Undoing the “Too Much!”—Are you the ‘homeroom mom’ who Volunteers to do all the holiday goodies for the whole 5th grade class while working a full-time job and raising 3 kids plus having a husband who says, “Hon, the whole family is coming in from Kentucky and will be staying with us.” What if you looked at being Super Woman/Wife/Mom from a completely different perspective? If you take it all on and are not happy and balanced, you are not doing anyone a bit of good! If you considered how you are when you are around people you love when you are stressed, overworked and

exhausted, how could that possibly make them feel the joy, peace and love you are wanting for them? For that reason, rule #1 is take care of *your* peace, joy and happiness *first* and then watch the reactions all around you. What is the perfect vision for your holiday? Work it backwards to what it needs to look like today in order to be there at the end of the holiday season.

8. I am Jewish-She is Catholic—It is our differences that make our world such a beautiful place. The holiday season is a great time of year to honor these differences. What greater gift can you give your spouse than showing him or her your appreciation for their religion or culture than to swap traditions and presenting it to your spouse? For example, you are Christian and your spouse is Jewish. You offer to set up the Chanukah celebration and your spouse sets up the Christmas celebration. The beauty of this is seeing how your spouse presents *your* tradition to you and vice versa. You can see the beauty in each other's religions. So this holiday, enjoy your differences!

9. Stay In Touch—communication is a wonderful tool and gift for someone you care about. *Really* care about! How many times do you find yourself sending out cards and invitations to people you really don't care about? It takes your limited energy away from giving attention to those you *do* care about. So how can you find a way to focus and take care of those important in your life, and *only* those people? Just do not spend much time on the fact you need to send the "Jones" a gift/card because everyone else is. Take care of who really matters and that's *you, your family* and your *true-friends*.

10. Make Shopping Fun—The holiday season is all about having love, peace and joy in your life. And giving it to others in their life. Instead of trying to find the perfect gift, try to find the simplest and most meaningful gift. Why not you and your child/children

make something from the heart and creative and make that a gift for all your extended family members. That will shorten your mall visits, and make the Holiday Season that much more family driven.

Bonus: Laugh your @\$^& off—Life is a game and you are living because you want to *enjoy* it. Start having fun by asking yourself, "what is funny about this situation?" Transcend the pettiness *now* and discover how effortless and enjoyable things become!

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