



Create Balance,
Freedom, and Joy
During the
Holidays

| Moneeka Sawyer
www.coreblisslife.com

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The holiday season is upon us again. For some, the holidays are a time of celebrating and enjoying the people they love. For others it is a time of grief, sadness, and anxiety. For all of us it is a time of increased stress. In this article I'd like to share some thoughts on how to deal with the stress of the holidays.

The holidays come every year, and while we can't stop them from coming, we do have control over how we relate to them. No matter what your history and circumstances are, there is always room for meeting your experiences with a more peaceful mind and compassionate heart.

This begins with what you think, say, and do. Are you feeling obligated to respond to the holidays in ways that your family and friends want or expect? Or perhaps you feel compelled to honor traditions that no longer serve you or fit your current circumstances. Depression and anxiety around the holidays are often a result of expectations imposed by what other people (or your inner critic) think you should be doing. And the reinforcement of these expectations by the media only makes it worse.

While there are often many people to take into consideration during the holidays, be sure to keep yourself as a priority and be honest about what is important to you also.



If old traditions aren't serving you anymore, create new ones. Invite those close to you to have a holiday “reset,” finding creative ways to celebrate that are expressive of current interests and budgets. For example, maybe the family could make gifts together, like baking bread or creating

table decorations. Or maybe you gift each other with opportunities to do things together like go to the movies, or take a long walk together on a Sunday afternoon in the future.

Create your own rhythm. The pace of the holidays often becomes an intense flurry of activity. If you are doing multiple celebrations, spread them out. Instead of going to every holiday party with friends, invite some of them to rejuvenate with you on a spa day in the New Year. You do control the rhythm of your own holiday season. Make sure it serves you so you can enjoy the season rather than getting worn out.

Remember you are in charge of your thoughts and feelings. Poet Longfellow described the holiest of all holidays the “... secret anniversaries of the heart.” The word holiday originally came from Holy Day. When we strip away the commercialism we can use these opportunities to gather and share the goodness of life with people we love and recommit to our deepest values.



Consider that everything you do and commit to during the holidays is based on your deepest values. You may feel obligated, frustrated, or as if you've been guilted into attending particular events, or spending time with certain people. But the reality is that you do always have a choice about where you go and what you do. If you accept that this is true, that you always have a choice, it takes the charge out of any resentment about the things you do during the holidays. We may not always get to make choices that make us feel happy in the moment, but do always make choices base on what is most important to us, our values.



Take care of yourself. If you don't take the time to nourish yourself during the holidays, you won't have as much to give to the people around you. And then, no matter how hard you try, people get upset. In contrast, if you do take care of yourself, no matter what goes wrong or who is unhappy, you are able to stay emotionally balanced about it. This will allow you to enjoy your holidays under all circumstances.

During this holidays remember you are the most important element in how you relate to them. Nurture and nourish yourself, and make the choice to enjoy the season.



Thank you for downloading ***Create Balance, Freedom, and Joy During the Holidays.*** I hope you enjoyed reading it as much as I enjoyed creating it for you! If you're ready to learn the secrets and strategies of true happiness, then I invite you to register for my enlightening "Choose Bliss" courses at <http://coreblisslife.com/choose-bliss-happiness/>.

Go Blissfully!

Moneeka