

Lazere's Holiday Stressbusters

1. Be good *holiday executives* by managing, planning & organizing holiday challenges
2. *Customize the holidays* and do it your way...take ownership
3. **Budget** your time, money & personal resources
4. Beware of the tyranny of the "shoulds" & "oughts". Don't let other people's expectations or your own, push you around
5. Be aware of and *respect your limits* at any given time and try not to exceed them for too long in order to stay well and good.
6. Put ourselves near the top of the list of those we treat well. Take time to rest, relax, retreat & recuperate where necessary
7. *Operate from a priority system* which keeps us focused on what are important targets for our time and energy
8. **Keep your sense of humor** and remember to laugh when things go wrong and look for the funny side of life. Laughter still is the best medicine.
9. Balance *wishful thinking* with realistic thinking. Don't set yourself up for disappointment trying to be the Perfect Christmas Making Machine. Be reasonable.
10. Let's remember the *true spirit of the holidays* and help ourselves and our loved ones center on the celebration of good values such as peace on earth, good will towards men & women, etc.
11. **Celebrate** those who are gone and share special memories about special people who are no longer here to celebrate with us.
12. Try not to compete with the past. Things change. Create some new traditions and new patterns of celebration as changing circumstances warrant.
13. *Beware of excess* in spending, drinking, eating and partying. We can celebrate ourselves into a stupor if we are not careful. All things in moderation.
14. **Shop on line** as the internet is the most relaxing shopping mall we can imagine. No lines, no hassles, open 24/7.
15. *Be creative and imaginative* in materializing gifts. Make them, embellish them~your way.
16. *Live in the moment* and be there fully. Try not to dwell on the past or ruminate about the future in a way that robs you of the pleasure of the immediate

17. Take stock and process daily (*meditate*) on how you are doing and what you are doing and make adjustments accordingly to make things better. Stay in touch with yourself.
18. Be aware of and wary of old family tensions which tend to endure and concentrate on a "work around" if we can't work through them.
19. Consider giving *gifts of service and love* for the holidays...meaningful offerings of the self.
20. *Combat loneliness* which tends to be felt most acutely during the holidays. Join up, hook up, affiliate, volunteer.
21. Work to initiate at least one act of *peacemaking and reconciliation* in your circle of family and friends.
22. *Think before you act* and work to anticipate the consequences of your actions so that you can enjoy your tomorrows without regret
23. *Pace yourself*, plan ahead and vow not to rush and hurry!
24. *Get enough sleep*
25. Remember the "*Serenity Prayer*" - "God grant me the Serenity to accept the things I cannot change; Courage to change the things I can; and the Wisdom to know the difference"

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