

More Fun and Less Stress for the Holidays



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- Take **frequent joy breaks**: a walk, call a friend, have a snack, rest, exercise, stretch/yoga/t'ai chi, read a chapter in a novel.
- **Reassess priorities** throughout the day and give yourself permission to change them.
- Shop and travel during **the least crowded times**, on the roads less traveled.
- Make **several trips** to your car to drop off packages while shopping.
- Make sure you **buy yourself a present...** the one no one will think of getting you!
- **Breathe!** Pause and take 3 cleansing breaths to temporarily disperse tension, rest, focusing on your breath for a longer stress reduction session. Breathe in through your nose, abdomen expanding, then the chest. Exhale through your nose or mouth.
- Maintain a **positive mindset** by affirming your positive personal qualities and positive thinking, blending with the breathwork above: “As you inhale, let every cell in your

body take in light and well-being, exhale negativity and fear.”

- Take a **mini-vacation**. Think of somewhere you’ve been very relaxed and use sensory imagery to be there.
- Get **enough sleep**.
- Eat and drink **mindfully**.
- **Don’t be hassled** by your relatives. Whenever someone tries to “get your goat” smile and say, “thanks for sharing!”
- **Don’t attend holiday gatherings if you don’t want to go**. Tell them anything... and if you do and get stuck; try below (excuse yourself to restroom first☺) with **EFT** (Emotional Freedom Techniques), **affirmations**, and “**silent scream**”!
- **EFT**: Set up phrase while doing karate chop: see www.balanceandpower.com/eft.php : “Even though I hate being here, I choose to make the best of it.” or “Even though I think that ...is obnoxious, love and accept myself fully and completely. Find out more about EFT and call for a complimentary consultation: 516 623 4353. Be prepared for whatever may come up and overcome current challenges!
- **Silent Scream**: In preparation, take a cleansing breath. On the next inhalation, punch the ceiling with both hands at the same time. Stay there a few seconds. Exhale, releasing all body tension as the arms hand come down. Additional guided stress reduction:

www.balanceandpower.com/movingmeditation.php

**HAVE THE HAPPIEST OF
HOLIDAYS!**

