Taking Care of Yourself During the Holidays

The holiday season can be a very hectic time of the year. Places to go, things to do and people to see abound. In order to function at your best you must maintain balance, even during the holiday season.

Prioritizing your priorities are very important. Check your schedule to see if there are activities that you can put on hold or put off until the new year so that you can truly enjoy the occasion.

Instead of traveling to two or three different homes on Christmas Day, make brief stops during the week of Christmas but spend Christmas day with your spouse and/or children. You can also rotate the homes that you visit between the different holidays and on different years. For example, spend the holiday with your spouse's family this year and your family next year. Or Thanksgiving with your family and Christmas with your spouse's family. However, avoid allowing guilt feelings to make your schedule for you so that you do not drag your family around town when they would rather be home celebrating in a peaceful and calm atmosphere.

Remember that you cannot "buy" Christmas. Christmas is about the birth of our Lord and Savior Jesus Christ. Get back to the reason for the season by buying fewer gifts and finding a place for you and your family to serve someone less fortunate.

Setting boundaries and maintaining balance is all about what is comfortable for you. If you are acting out of guilt based on your family of origin expectations, or you are running here and running there simply because someone else has demanded this of you. You are not operating on your own accord.

Teach people how to treat you by saying no when you mean no. And saying yes only when you really mean yes no matter how much pressure or guilt they place on you. Of course this is easier said than done but it is possible.

When the holidays are over you will know if you've done a good job of taking care of yourself. On January 1, 2014, ask yourself "am I tired and worn out" or "am I energized, relaxed and ready to take on the new year". Send me an email and let me know what the answer is at sshipp@phasescounseling.com.

Merry Christmas and Have A Happy New Year!!!!

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