



Approaching the Holidays with a New Perspective

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STOP and take a look around you, wherever you are at this very moment. Take an inventory of your life at this moment...your job, your home-life, your health, your relationships...is everything the way you would like it to be? Are there things you would like to be different, however you just can't seem to make the changes? If today were your last, what would you regret not creating in your life??

Of course, our lives are not perfect, we are, after all, human beings. However, as a culture we are encouraged to maintain the perception that everything is "fine" in our lives. We end up putting the "blinders" on and ignoring the things in our life that we would like changed. This is very easy for all of us to do, and there is much in this fast-paced world to keep us distracted. However, the issues that we try so hard to put aside, have a way of coming to the forefront, whenever we least expect them to...for example, during the Holiday season.

The Holiday season is one of joy and hope, however it can also be a time filled with overwhelming stress, unrealistic expectations, disappointments, and overall communication breakdowns. Sometimes, it can be just the expectation of having a wonderful get-together, that can lead to frustration and arguments among friends and family.

It has been our experience that during these hectic times, it may seem even more overwhelming to reach out for assistance from someone...however it is during these times when this objective perspective is most needed! It is during this especially challenging season that it is important to focus on the goals you want to achieve and create a plan as to how to attain them, thereby alleviating the stress often accompanying this time of year. Remember to identify what specifically makes you frustrated and create steps to avoid the frustration. Communicate your thoughts and feelings clearly with family and friends in order to decrease miscommunication and hopefully avoid unnecessary arguments. Most importantly, try to find enjoyment in the Holiday season again, and keep headed in the right direction for the upcoming New Year!