

How will you find holiday joy

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Are your holidays always hectic? Do you have many more places to go and things to do than you have time? Does the hustle and bustle of shopping with all the long check out lines drive you to distraction? Are you prepared for the barrage of advertisements for the latest things to buy arriving daily via your mailbox, the newspaper and the television? Do you want this holiday season to be more peaceful and less hectic?

All of us would like to find a bit more peace in our lives, especially during the holiday season, although not at the expense of the celebrations with our family and friends. Our lives are often complex enough without the added pressure of finding the perfect gift or preparing the perfect meal to say nothing about the decorations, the baking, the wrapping and the shipping of out-of-town gifts. Is this all necessary? The resounding answer by almost everyone is always “yes”!

So, are there ways to keep your life more balanced during such a time demanding stressful season? This answer is also “yes”. The place to begin is with you. You are in control of you and all that you do, the places you go and the things you buy. Make a determined decision to enjoy the holiday season this year and not let all of the busyness get to you. The best and easiest way to do this is to prepare a list of everything that needs to happen between now and the end of the holidays. Include everything. By preparing a list of “everything” you will see very quickly whether you can possibly get it all accomplished or if your list is already too long. If it is too long be merciless and shorten it. Once you have your list finalized then arrange it by the date each item needs to be completed. Place this list in a prominent location like your bathroom mirror or the refrigerator and check each item off as you have taken care of it. This one step alone will make you feel more in control and joyful because you will no longer be afraid of forgetting something important.

In your home surround yourself and your family with the wonderful fragrances and sounds of your holiday season. The smell of baking in the kitchen brings back wonderful memories of holidays past. If you do not wish to bake then light candles with the aroma of cinnamon, cranberry, pumpkin spices, vanilla or any other memory evoking scent. In other areas of your home you can use the scent of pine or holly. Whether the fragrance is real or in a candle, the aroma of wonderful memories past carries with it a certain element of joy filled happy times. The joy created by these fragrances plus the happy memories will permeate your home and your soul.

Remember to take care of yourself while you are taking care of others. Spend some quiet time listening to the wonderful abundance of seasonal holiday music. Or watch one or several of the classic holiday movies emphasizing the love, generosity and reason you celebrate the holidays. This type of activity will energize your soul, be uplifting and help you find joy during this very hectic time of year.