

Act now to remove holiday stress

Pat Heydlauff

With so much to do this time of the year, how do you know what to do first or where to begin? Clients will often tell me “I have so many things to do I will never get them all done in time.” Or, “I have so much "stuff" on counters and tabletops, I can't squeeze one more thing onto that space so how can I even begin to decorate the tables or wrap gifts.” Others say, “I can't find the top of my desk now, how do you expect me to find time for the extras like shopping, baking, decorating the house plus entertaining.”

Have you ever felt like that? Are you already on overload before you begin? We all seem to have days like this whether at home or in the office. The added time pressure of the holiday season magnifies 100 fold the stress and intensity of our helpless negative energy feelings. We really don't quite know where or how to begin and the more we think about it instead of taking action, the further behind we get. It doesn't take many extra things in our lives to drop us right out of balance and into a chaotic frenzy. Not only does inaction put you further behind but it zaps your energy as well.

Every time you look at your overflowing counters or a desk filled with stacks of projects it reminds you of all the normal work you still have left to do plus the added work ahead. When you sit at your desk and it is already full you feel overwhelmed before you begin and the stress starts to mount. So, just what do you do and where do you begin. Whether at work or at home you start by creating a plan and “taking action.”

In this case, the most helpful thing that would give you an immediate shift to positive energy would be to eliminate a lot of the “stuff” that has accumulated on counters and desktops. Simply making the decision to change and shift to positive energy is the first step. Taking action and actually doing it is step two. You do that by sorting all of the piles of “stuff” that have accumulated into three boxes. Label box one TRASH, box two FUTURE and box three will be NOW, the things you must attend to over the next seven days. Place all the important things into the NOW box. Everything else goes either into

TRASH or FUTURE. Sort through your “stuff” quickly and throw away those things you don’t need, want, use or are a part of your daily home or work activities. Place into the FUTURE box all that is not current and does not need your immediate attention but will in the near future. It doesn’t matter what you are sorting through, what shifts you into positive energy is having a plan to move forward and then taking action. Not only have you taken care of the clutter and congestion on your counters, tables and desk but you have also made room for fresh energy to enter which will motivate and energize you. You’ve also made room for holiday decorations, space to wrap presents and uncluttered counters for baking.

This one simple plan will help you shift enough energy so you will no longer feel overwhelmed and stressed. This will pave the way for you to create another plan to get your shopping, baking, decorating and all those others things done on your list. Treat everything on your list just like the boxes above. Remove from your plan those things that are not important (trash), put aside those things that can wait (future) and do those NOW things that will otherwise become incredibly stressful if you don’t get them done. By using this simple plan, you will get the most important things done first with ample time and positive energy to get all the things done on your daily list plus your holiday to do list.

Knowing exactly what to do about things that zap your energy is less important than “taking action” and eliminating all of the “stuff” standing in your way. A good rule to follow is “when feeling overwhelmed, create a plan and take action.” Feng Shui is all about creating balance through the use of positive energy to bring about desired results. In this case, the desired result is to get all of your regular activities done, plus to do what is necessary to enjoy the holidays. The way to obtain the positive energy to accomplish that is to create a plan and take action.

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"Everything you say, think and do matters."

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