

Prevent Holiday Stress by using Positive Energy

By Pat Heydlauff

With the holidays fast approaching and Thanksgiving just around the corner are you already thinking “I’ll never get everything done”? Do you so feverishly worry about every detail of every thing that you’ll never get anything done but worry? Using a couple of Feng Shui principles and positive energy will help you handle the stress and make your holiday season more peaceful.

Stress comes in many forms on a daily basis. Just driving down a busy street can be unnerving if someone cuts you off or runs a red light right in front of you. Add to that the pre-holiday social and shopping demands, meeting the constant daily needs of your family, keeping up with the never ending tasks of caring for your home plus the 24 hour negative news cycle, it’s no wonder stress is excessively high during the hectic season ahead.

In our world today with cement cities, sound pollution and isolated environments created by cubicles, computers and the never ending threat of terrorism in our schools and when we travel, it is difficult to remain in a peaceful frame of mind and still get everything done. With all of this said just where do you begin so you minimize stress yet accomplish daily tasks along with your “holiday to do list”.

Follow a few simple positive energy steps so you can be in better control of your schedule and be much less stressed. Step one, create a list, a “holiday to do list”. Even if you are not a list person this is the time to become one for at least the months of November and December. It doesn’t matter what holidays you do or do not celebrate and how many people you will or will not entertain. What does matter is that you are in control of your schedule so you can stay ahead of the game and remain peaceful instead of getting stressed.

Put everything on your list. Include every gift you need to buy, every doctor or dentist appointment (include date, time and location), even include things like grooming the pet and getting your hair cut. When you put things on the list such as buying gifts, list every gift, not just “buy gifts”. List what and where you are going to buy each gift. The only thing that should go on another list is buying groceries and specialty items for holiday meals. By nature of what they are and where you will shop for them, they require a separate list.

Step 2; take this list with you everywhere you go. It will help you organize your driving patterns to include several things on one trip when headed into a specific direction. If your dentist is located near the store that has the perfect gift for Aunt Suzie then allow enough time for the dental appointment plus the side trip to purchase the gift. It will save you precious time and gas expense for another trip. Do your gift buying now, not when the stores are so crowded and parking is atrocious. Plan ahead and work it into your regularly planned shopping and errand running schedule.

The third thing that will be incredibly helpful is to surround self with relaxing music. Loud nerve jangling music further fuels a high stress level. As to the sounds you surround yourself first, keep the volume low and second, keep the music peaceful. If you love the music of the holiday season, play it during the whole two month period to help you get into the mood. If you watch television, keep your viewing light and fun. Pick and choose your viewing pleasure with stress free themes in mind. Also forego any talk show radio programs if they get you upset. If they energize you then listen away. This season is hectic enough without adding outside stress factors.

Plan ahead to prevent holiday stress; it is important that you take as many appropriate steps as possible to lower your stress levels now, not once the holidays are upon us. It is a matter of your personal health and well being. Stress robs your body of much needed energy and depletes your ability to cope with day to day activities and prevent illnesses that tend to be prevalent during the holidays.

Make your list now and check it twice for things you might have overlooked. Be in control of your schedule and you will eliminate much of the season's stressors. Through planning ahead, taking action and listening to soothing music, your life will be less stressful, more peaceful and become a time when you can truly share joy.

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Fall Feng Shui class schedule: "Feng Shui Basics, what it is and how to use it", October 28 and "Feng Shui, the 5 element cycle plus yin and yang create balance", November 4. Call 561-799-3443 to register. Pat Heydlauff is a Feng Shui consultant, public speaker, columnist and artist. She has been a Feng Shui specialist consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations, speaking engagements and energy design work in the home, office or for self, call Pat now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

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"Everything you say, think and do matters."

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