



Tis the Season to be Joyful!!



Everyday Mindfulness

Living in the present moment/awareness of the present moment—paying close attention to thoughts, physical sensations, and our surroundings. What else could be more important?

Christmas time is a time for all of that. Family and friends and others in your community. So take the opportunity to help others during the season.

Every day you encounter people who are not like you. Humans tend to impose judgments as they look for conformity, and when they see difference, they may opt for negative judgment. What does that do to you? Negative judgment prohibits you from connecting to those who are different. Why do people judge difference? Many may draw from learned experiences or those spheres of influence during each stage of their lives. These spheres of influence shape your outlook on life, how you view situations, and how you see one another in work and social settings. How do you address the urge to judge in the face of difference? Look for common ground with the person or the situation. Draw mindful comparisons. It becomes counterproductive to judge negatively. Find a way to identify with the person or situation. Be present in the moment with that person or situation.

Mindfulness helps to improve work-life balance. When we look at the dominant cultural patterns of the United States, we find that we value dominating nature, being goal-bound, controlling the future, being involved in constant activity and action with no time to “sit and talk,” being autonomous, and being individualists. With that as a dominant cultural pattern, when do we have time to be mindful?

What Makes You Joyful?

Christmas can be a joyful time but it can also be very stressful for others. This year try to go for those joyful times instead of stressful times. And how can you do that?

When planning your Christmas get together with family or friends, try to make it less stressful in different ways.

- Try getting your shopping done early.
- Cooking recipes ahead of time, putting in the freezer if possible.
- Set realistic expectations: Remember that the holiday season may be different this year, and you can choose to be pleasantly surprised.
- Practice self-care: Make sure to get enough sleep, eat healthy foods, and move your body.
- Take time for yourself: Don't overschedule yourself, and make time for things that make you feel good.
- Again, practice mindfulness: Try meditation, deep breathing, or grounding exercises.

Have some fun! In December I will be presenting my “**Harvest of Holidays**” programs in all three counties in the Sunflower District. Come and join us! We always have a good time and you might even learn some new ideas that would be perfect for your holiday season.

Give us a call if you are interested in the program!!

I will also be giving a program in each county the first part of January on “Cooking for One or Two”.



Watch for the flyer to come out!