

Steps to De-Stress through Busy Seasons of Your Life!

TIPS: Take Some De-Stress Time!

This month's tips are "**Steps to De-Stress through Busy Seasons of Your Life!**" This article gives you some quick tips to help you move forward with the most productive attitudes and perspective.

The four steps are:

- 1. Recognize & identify your major stressors**
- 2. Refocus on the big picture**
- 3. Relax and regroup**
- 4. Move forward with fresh energy and vision**

Let's take a further look at each step and how you can quickly and simply apply this self-administered "therapy!"



1. Recognize & identify your major stressors

Ask yourself these questions to start the process.

- What stress symptoms are you having? (examples; anger, frustration, palpitations, nausea, anxiety, forgetfulness, overwhelm)
- What areas are you feeling most stressed about? (examples: not having enough time to accomplish everything perfectly, worried about finding the right gifts for everyone, what people will think if you don't attend their party or host one yourself, etc.)
- Where is the pressure coming from mostly? (examples: self-induced, too high self-expectations, spouse or family members, friends or neighbors or in-laws you want to impress, feeling you should be a super-mom or dad and be able to do it all, etc.)
- Do you know what's causing your stress? (examples: guests coming, gifts to purchase, traveling, cooking, cleaning, family relationships, work or other pressures)
- What ideas do you have that could relieve your stress somewhat? (examples: get someone to help, find a friend to talk to about your feelings, eliminate a few non-essentials from you To-Do list, relax, breathe, get a massage or soak in a tub with mineral salts and candles, hire a maid for a one-time project, cook simpler foods)
- Are the activities you're involved in absolutely necessary? (examples: with everything else you have to do, would you agree to try the new idea out the following year instead? What are the things you'd LIKE to happen that you could give up this time?)
- Are there others who could help you by sharing or taking over tasks or projects? (examples: maybe you have a friend or family member who would enjoy helping you or appreciate your trust in them to take care of the project; could you pay someone to do some of these things for you?)



Once you know what you're dealing with, it's easier to acknowledge and face the challenge and be able to move through it without so much stress.

2. Refocus on the big picture



It may be time to take a breath and sit down for a few minutes to remember why you are doing all the things you're trying to do.

- What is your purpose this holiday season?
- What do you want to input into others' lives through all the activities or gifts you're planning this season?
- Is there another way (less stressful) that you can accomplish the same thing?

Sometimes our presence (i.e., spending time) with someone is far more meaningful and important than giving them an expensive present. This year my brothers and sisters and I decided to all meet together somewhere warm and spend the week reconnecting and enjoying each other, instead of buying presents. We truly felt that our presents this year would be our presence with each other!

3. Relax and regroup

Once you realize there may be some things you can let go or you have people to whom you can delegate other things, you can step back and take a new look at the remaining tasks or projects to be completed before your deadlines.



You may want to take time to pull out your calendar and organize when you will do the tasks. It's a good thing to first write beside each task approximately how long it will take to do each one. Then you will have a better idea of when it's best to do them to assure the least interruptions and the most success in accomplishing things in a timely fashion.

Are there some systems you can create to make it easier next year or next time you have to do this again? Perhaps adding names and addresses to a database on your computer for Christmas cards to send next year would be helpful. Not only could you make labels to use this year if you wanted to, but you'd be ready for the next year as well, other than any address changes to update. You could keep things updated in moments throughout the year so you'd be ready.

What about a system to store and organize your gift wrapping supplies? Many stores offer just the right solution to keep you organized. You may even know someone who can do the gift-wrapping for you so you don't have to.

Personal organizers thrive on bringing order out of chaos! They may cost a lot less than you think, but can help clear your clutter and your mind fairly quickly with creative and practical solutions. There are even tips and systems online if you don't have an organizer near you, or prefer to do your own research. You can check out this link for more ideas: www.Real-Life-Institute.com/programs.html. (Look under Planning, Organizing & De-Cluttering.)

4. Move forward with fresh energy and vision



With your reorganization of priorities and purpose, you should have a fresh and more focused vision of where you're going and how you're going to get there with hopefully time to spare! Also having others who would love to help you reach your goals as you delegate tasks to them will free up your mind as well as your energy.

So move ahead with your revised plan and enjoy the process of getting where you really want to go in the process! You'll make it fun for everyone you meet along the way with your new attitude and delight at being free of so much pressure! Turn your energy into love and gratitude and truly enjoy the season this year!

For more articles on De-Stressing, visit our site at: www.Real-Life-Institute.com.

