

Creating Calm and Balance at Christmas

Are you finding yourself wrestling a little more with anxiety and stress at this time of year? Perhaps feelings of overwhelm coming closer? Time to reach for some calm and balance; and here's some tips to help you do just that so you can experience Christmas with greater joy.



Take a Joy Break

When you find a good moment, say to yourself "This is a good moment!".

Savour it.

Gratitude

Practice gratitude. Intentionally bring into awareness previously unnoticed things you can genuinely be thankful for – it's a really life changing 'hack'! You might choose to note down things that you are grateful for each night before sleeping. How about Ten Fingers Gratitude – identify 10 things you are grateful for, see if you can come up with 10 things even when it's challenging.

Let it Go

Identify the responsibilities, work, relationships, and expectations that you can let go of. Keep your "To Do List" to a minimum! Look at what's on your list and take something off that you feel is weighing you down.

Good Enough

Choose good enough. Let go of perfectionism. Try and take the weight off your shoulders of what others may think.

Be Your Own Best Friend

Sometimes we say unkind things to ourselves. Notice your internal dialogue and see if that's going on. If you feel you'd not say this to someone you cared for, don't say it to yourself. Love yourself well.

Comparison Steals Joy

Notice the way you may compare yourself to others. When we compare our lives to the way that others are portrayed (hellooo social media!) we can sometimes risk moving closer to feelings of "lack" and to thoughts that our own lives and families are not good enough. Comparison is a liar. Tell it to go take a jump in the lake and return to your gratitude practice, and / or see below.

Do something that makes you feel GOOD!

- ❖ Go for a short walk (movement changes our neurophysiology / helps to 'change our minds'). Walking truly is a fantastic stress reliever and mood lifter!
- ❖ Have a shower and notice the feel of the soap and water on your body. Take time to massage your head when you wash your hair
- ❖ Use a body lotion and notice the feel of the lotion on your skin
- ❖ Take a nana-nap for 30 minutes
- ❖ Go to bed early if you feel tired
- ❖ Listen to some music that makes you feel good; perhaps you've not listened to it for a long time!
- ❖ Read something that gives you pleasure... Novels? Poetry? Non-fiction? Magazines? What your favourite thing?
- ❖ Essential oils in a diffuser can create a lovely calming feeling.
- ❖ What's something that's positive for your wellbeing that you used to enjoy that you've forgotten or not done for a while. Can you bring more of that into your life?
- ❖ Creative pursuits – drawing, painting, knitting, sculpting, mosaicing, collage, photography, ... the list is endless!

*May we take this opportunity to wish you and your whanau peace in your hearts this Christmas season,
from all of the team at WALSH Trust.*

