

'Tis the Season - Enjoy the Journey

'Tis the season for emotions. Preparing for the festivities can send us on a roller-coaster ride of emotions which leave us feeling exhausted, scattered and far from the true spirit of the season.

Women tend to be the ones who are “in charge” - shopping, cooking, baking, wrapping, organizing, inviting, the list goes on & on. All these duties and only 24 hours in a day and it's no wonder that the body releases a cascade of stress hormones which are designed to prepare you for flight, fight or freeze.

If we can switch to positive emotions, such as a sincere feeling of gratitude, we alter the toll that stress takes on us – physically, mentally, emotionally & spiritually.

When the whole system operates in a balanced way, we can think and respond more appropriately...one that is more fitting with the meaning behind this season of celebration.

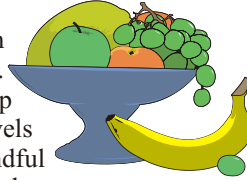
Imagine navigating through the holidays as if you were to go on a road trip, as many of you will likely be doing. What would you require to assist you on your journey?



for a detour if one should strike your fancy.

A map – consider this your plan so that you will get to your destination by the most direct route. This doesn't mean that there is no room

Fuel – as high 'octane' as possible. You want to keep your blood sugar levels consistent, so a handful of nuts or some other source of protein, eaten in moderation, and some fresh fruit is a good choice so that you can avoid those 'crashes'.



Water – crucial for keeping your engine running smoothly. Restrict caffeine to the early morning hours.

Rest stops – a time to recharge your batteries and do something to clear the fog (a short walk, sing, a cat-nap – listen for what your body is asking)



Remember, it's the journey and not the destination that will be cherished the most.

So, in the spirit of giving, why not gift yourself with joy, peace and calm? More importantly, when you do, you will also positively affect the lives of your loved ones.



- written by Marianna Paulson