



Creative Business Consulting Business Tips



Minimize Holiday Stress & Maximize your Merriment

The holiday season is here, and for many people it can be the most stressful time of the year.

Handling responsibilities at work, making time for family, and additional holiday activities can be quite taxing. Here are a few tips to help you manage your professional and personal life during this busy and festive time of year.

Plan out your schedule for the coming week or month. At this time of year, it is best to have a master schedule which lists both your work commitments and social activities outside the workplace. If you find that your schedule is getting too busy, take the time to **prioritize your activities** so that you are able to achieve your most essential goals. I suggest that you concentrate on your highest priority items during your most optimal time of the day.

If you work in an office, interruptions can make it very difficult for you to get things done in a timely manner. Interruptions can also reduce the quality of your work. To work more efficiently, I suggest that you **plan some "quiet time"** into your daily schedule.

Create an uninterrupted block of time (e.g. one hour) where you can concentrate on your most crucial tasks. Let your fellow workers know of your plan, turn your phones off, close your door, and turn your attention to the work that needs to be done. The big benefit is that you can get a maximum amount of quality work done in a minimal amount of time.

Since the Holiday Season and Christmas is really about love and actualizing your divine potential, plan time to **do things that nourish and support you.**

On the physical level, it is very important to pay attention to your body.

Take the time to exercise and stretch your muscles. Sometimes the very best way to solve a problem is to get out of your head and into your body. Whatever form of exercise you enjoy, make the time to do it regularly! Of course you know to eat a well-balanced diet of proteins, carbs, and fats. Be sure to include as many live or uncooked foods as you can.

This will go a long way toward enhancing your immune system and maintaining optimal health.

On the emotional level, use this holiday season to **make relationships a priority.**

How can you show a co-worker that he/she is important to you? Talk to your family about ways that each of you enjoys spending time together and then just do it. Spending time with someone tells them that you value the relationship and that they are important to you.

To enliven your soul this holiday season, I suggest that you **take time to meditate, pray, or engage in some type of spiritual practice** on a regular basis. In my personal experience, I have found that there is nothing like taking a few minutes for quiet inner contemplation each day to help me function in an optimal fashion.

By following these guidelines, you may experience a less stressful Holiday Season, share more time with family and friends, and enjoy greater meaning in your life.

I wish you good health, a peaceful mind and a soul full of joy this holiday season!