

## Tips for Holiday Sanity

Trying to stay sane with all holiday hoopla going on? Pat Morgan, a Miami life coach has some advice.

### **These are Pat's Top 10 Tips for Holiday Sanity:**

1. Rediscover the meaning of the holiday for you personally and decide to celebrate in a way that works for you, rather than how others say you should do.
2. Be patient with yourself and do the best you can, trusting that the holiday will be perfect however it turns out.
3. Cut back on everything, including decorations, food, gifts and activities. Think creatively about alternatives.
4. Rather than begrudge another for not reciprocating with an expected gift, keep the focus on giving.
5. Consider alternatives to traditional shopping. Buy online, send baskets, order ready-made dishes for entertaining and avoid the madness.
6. Look for ways to outsource, delegate, automate or eliminate so that you have the help you need.
7. Start a new tradition such as giving to charity or watching a holiday movie.
8. Schedule time just for you.
9. Look at the blessings in your life and actively feel grateful.
10. Let go and have some fun.



## A Holiday Prayer

The blessings we ask for this season  
Aren't the kind that come wrapped with a bow;  
We're asking for gifts from the heart,  
Ones we need and never outgrow.  
May we see in these bright decorations  
With their colors and lights all aglow,  
The beauty and wonder of life  
That God's world was created to show.  
Let the peace and goodwill of this season  
Be feelings that we can extend  
Far into the following year  
To our neighbors, our family, and friends.  
Most of all, may we always remember  
To open our hearts every day and share all the love and the joy  
In a special and meaningful way.

Author Unknown

