

## Healing Your Holiday Spirit – Part Four

In Parts One through Three of this series, you have begun to recognize and explore your own inner experience of the holidays, as a prelude to sorting through those aspects of the season that bring added/unwanted stress to your life. **Part One**<sup>1</sup> enabled you to identify an overall sense of the holidays, while **Part Two**<sup>2</sup> invited you to look a little more deeply at individual components that result in either/both a positive or negative response within you. **Part Three**<sup>3</sup> introduced the restorative power of *Quick Coherence*<sup>4</sup>, that can help you celebrate those holiday-related activities and events that bring you some joy and also provide some resilience to protect you from added stress.



[tangled lights](#) by [shoothead](#)  
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### Clearing the Holiday “Clutter-But’s”

In the final installment in this “Healing Your Holiday Spirit” series, I draw on an “emotional clutter-busting” approach to dealing with holiday stress to offer a way to gently explore those “But’s.....” you identified in Part Two. These often stem from “should’s” and “ought’s” that have gradually crept into your holiday traditions, yet do not necessarily add to your enjoyment of the season. It is as though these “clutter-but’s” have become tangled strings of Christmas tree lights that take a bit of sorting out prior to becoming part of the celebratory mood.

This approach offers four basic clutter-control questions that can serve as helpful guides for choosing which holiday “Buts.....” we decide to keep intact, alter or perhaps, discard:

1. **How meaningful is it for me?** - How much of an impact does this tradition have on my life? Is it important to me? Can I let it go?
2. **Do I love it?** – Is this something that brings me joy? Or is it something I simply tolerate? Or does it create added stress in my life?
3. **Do I want this?** – Is this something I need or want as part of my life? How important is it to keep this “intact” or is there a way I can reduce the “clutter” effect?
4. **Does this need me?** – If it is not important to me personally, is it important to someone I care about? Is there something else that I need to consider (or do) about or with this?

And, (in keeping with this series’ theme of “Gifts Within a Gift”), I have created another Guided (11 minute Audio) Exercise that invites you explore these questions within your whole body-mind, accompanied by a welcoming spirit of interested curiosity. You can access it here.<sup>5</sup>

As we bring this series of messages to a close, I hope that you have been able to find a bit of gentle spaciousness that enables you to embrace the richness of those holiday traditions that provide the most meaning to your life and your relationships, even as you free yourself from the constraints of those that have kept you from being able to enjoy the holiday season.

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Please also send me a courtesy note with a copy of the publication.

Stay tuned for 2010, as I am planning additional opportunities to help you continue to access the wisdom of your body-mind. In the meantime, I welcome your comments, questions and suggestions. And may you have a blessed Holiday Season!

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<sup>1</sup> <http://www.stresswell.com/downloads/HealYourHolidaySpirit-PartOne.pdf>

<sup>2</sup> <http://www.stresswell.com/downloads/HealYourHolidaySpirit-PartTwo.pdf>

<sup>3</sup> <http://www.stresswell.com/downloads/HealYourHolidaySpirit-PartThree.pdf>

<sup>4</sup> [www.heartmath.org/about-us/quick-coherence-technique-for-adults.html](http://www.heartmath.org/about-us/quick-coherence-technique-for-adults.html)

<sup>5</sup> <http://askmehouse.audioacrobat.com/download/HolidayStress-Yeah-But-2.mp3>

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