

Heal Your Holiday Spirit – Part Three

In Part One¹ of this series, you began to explore the role that “choice” plays in determining an outcome of “Yippee!” or “Yuck!” to your general experience of the Holidays. In Part Two², you took a "Yea-But" approach to explore more deeply your overall sense of the Holidays. In Part Four, you will have an opportunity to concentrate more on the But... side of the scale.

First, let us take a moment to quietly appreciate those parts of the holiday season that give you pleasure, and for which you are grateful. These are all the things that showed up on your Yea! side of the scale. These are the parts of the holiday season that are important to you, and which you most likely want to keep as part of your holiday season activities.



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This time, my "Gift Within a Gift - A Stresswell™ Holiday Truffle" consists of a lovely exercise from HeartMath³ called **Quick Coherence**⁴. You can find the written instructions here. I have also created a Guided (6 minute audio⁵) version of this exercise, especially tailored for the holidays.

This wonderful exercise offers a delicious tool for helping you to remember what holds positive meaning in your life. However, its real power comes from the creation of more coherent heart rhythms, which leads to a more harmonic balance between thoughts and emotions. In other words, you simply begin to feel better--with more energy, mental clarity and resilience. That way, you are more equipped to deal with the inevitable hassles that daily life (let alone the holidays!) drops at your doorstep.

Stay tuned for Part Four, the final installment in this "Healing Your Holiday Spirit" series - where I'll offer you another Guided Exercise - which draws on a great "clearing the emotional clutter" approach to dealing with holiday stress⁶.

In the meantime - your questions and comments are always welcomed!

¹ <http://stresswell.com/2009/12/healing-your-holiday-spirit-part-one/>

² <http://stresswell.com/2009/12/healing-your-holiday-spirit-part-two/>

³ www.heartmath.org

⁴ www.heartmath.org/about-us/quick-coherence-technique-for-adults.html

⁵ <http://askmehouse.audioacrobat.com/download/QuickCoherence.mp3>

⁶ <http://stresswell.com/2008/12/4-tips-to-clear-away-holiday-related-emotional-clutter/>

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