

First Published in the Hendricks County ICON
December, 2009
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Feeling Stress During the Holidays

Regardless of what Holiday you celebrate during this season, for some of us it can be a stressful time. There are many reasons for the stress. Perhaps it is the pressure of having family and friends over to your house for a gathering and you want everything to be perfect. Perhaps it has to do with missing a loved one who has passed away. Perhaps it is a newly broken relationship and you are going to miss that person a great deal. No matter the reason, it can take the joy out of what is supposed to be the most joyous time of the year.

So how do we deal with this stress? Since there are many reasons for the stress, there are many ways to help. One of the first things to realize is that you are not alone, no matter how stressed or alone you feel. You can find comfort with friends, family, members of your place of worship, or professionals who are trained to give guidance and support.

If you are feeling stressed because you are having a party or gathering of family and friends, one of the simplest things you can do is ask them for help. Most people love to help out, and if you ask for it, you may be surprised at how many of them pitch in. They won't know you need help if you don't ask. Just imagine how you would feel if you went to someone's house for a party and you found out that they had stressed so much but were afraid to ask for help. You would surely have helped out, and so will they. Remember that no one remembers or cares if anything goes wrong when they have a great time with people they care about.

When we are sad because we miss someone, it is often because we are concentrating on the loss of the person we miss rather than being grateful for the time we did have. If you find yourself feeling the sorrow, remind yourself how lucky you were to have had the time with them that you did. Remember how wonderful you felt when you were with that person. Remember their smile. And as you remember their smile and how you felt when you were with them, put a smile on your face and say, "Thank you, thank you for the time you gave me." The time you did have with them is a gift, so honor that gift.

Helene Rothschild, a friend and mentor of mine, told me that when we miss someone, it is because they gave us something that we don't give ourselves. Honor the memory of the person you miss, be thankful for the time you shared with each other, and give thanks for the lesson that they taught you and that you taught them. Find that love within yourself, for yourself, and you will have a more joyful time during the holidays. How cool is that!

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About: Karl R. Zimmer III is a clinical hypnotist, licensed and certified by the State of Indiana. His practice, Zimmer Success Group (<http://Z-Success.com>), is in Plainfield. Information provided is for informational purposes only and is not intended to diagnose, treat, or cure any condition or illness.