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LifeAdviser Special Edition

A Balanced Living Special Edition Newsletter

Tips for Peace of Mind During this Holiday Season



Keep a Gratitude Journal

During this holiday season, take some time and give thanks for the good things and people you might take for granted. This can have a profound effect on our well-being and relationships. Writing in a gratitude journal three times per week might actually have a greater impact on happiness than journaling every day.

Breathe Away Your Difficult Feelings

To avoid the stress, frustration, and anxiety of the holiday season, make sure to set aside time to practice mindful breathing. This will help reduce difficult feelings and keep you calmer during tense situations. Mindful breathing also helps people stay "present" in the moment, rather than being distracted by regrets in the past or worries about the future.

Listen More and Stress Less

Around this season we tend to have more heightened emotions that flare up within seconds. Our emotions can also interfere with our ability to listen, causing our minds to wander and take away from our ability to stay focused. For this season, take the step toward listening mindfully. This will allow you to pay attention to the speaker without interrupting, getting defensive, or feeling the need to always be right.

A Healthy Body Means Having Peace of Mind

Our mind and body tend to feel heavier and achy once the holiday season begins, so take some time out to do a mental scan of your body. It provides a rare opportunity for us to experience our body as it is, without judging or trying to change it. Sit on a chair, close your eyes and sense every portion of your body one by one. As you do this, breathe and release the tension within that specific area.

Take Peaceful Walks and Share a Smile

The holidays are typically hectic, but they don't have to become a blur. Take the time to savor the moments by enjoying a peaceful walk, paying attention to the sights, smells, and sounds around you. Try to walk a different route each day so you don't become too accustomed to any of these things and start to take them for granted. We may also be more likely to connect with the people around us, even if it's just to share a smile.

Make Simple Health Choices

When the holidays come around, we tend to indulge in sweets and other things that can hurt us later. So why not do something that brings more peace to our mind and body. Here's a helpful exercise. Eat a raisin while focusing your attention on each of your senses. The raisin meditation can promote mindful eating and foster a healthier relationship with food. Try it — you might just come across the most delicious raisin you've ever eaten.

Focus on the Task at Hand

While many of us enjoy sitting and meditating for 10 minutes, some of us dislike it. We might find peace in the task we are doing such as folding laundry or washing the car. When doing any task make sure to focus on the task and try to avoid having the mind wander about the past and future worries. Focus on yourself in the moment and you'll have fun while meditating without knowing it.

May this season bring you gifts of
peace and happiness

Best wishes for happy holidays from

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