



December 2008

From the Counselor's Corner

**Handling Holiday Pressure**

It's the most wonderful time of the year... or is it? The holidays can often bring more stress than joy. As soon as we put away the Halloween costumes and decorations, we are bombarded with images of the perfect holiday cookie, the Better Homes and Gardens Christmas tree, and the next HOT gift that **everyone** must get. Many of us strive for perfection in all we do during the season. I worry that much of the pressure is self-imposed. In other words, what are you telling yourself about the upcoming season? Besides sugarplums, what other visions are dancing in your head? What memories will you create for your children? Think back to your own childhood. Do you remember what toys you had under the tree when you were in the first grade? Or do you remember grandma's kisses and the cookies she baked?

Attached is a "recipe" I've compiled to remind us to relax during the season and to help us remember what is really important in our lives all year through: good health and the blessings of family and friends.

Best wishes to you all for peace, love, and prosperity.

Mrs. Pelosi  
School Counselor  
Holy Spirit School

## A Holiday Recipe

- If Santa does not bring everything on your child's wish list, that's okay.
- Sit in silence for at least 10 minutes each day. Talk to God about what is going on your life.
- Try to make at least 3 people smile each day.
- Life isn't fair, but it's still good.
- Don't take yourself too seriously.
- Don't compare your life with others. Their journey may be harder than it seems.
- You don't have to win every argument.
- Envy is a waste of time - you already have all you need.
- However good or bad a situation is, it will change.
- Each night before you go to sleep, complete the statement "I am thankful for...."
- And remember, you are too blessed to be stressed!