

Natural Healing Express Weekly

Column 355 Getting through the Holidays Dealing with “those” People

You all may have a laugh at the title of this article, but I don’t know how else to put it. Sometimes, the holidays are a breeding ground of dealing with folks we just don’t care for. And, sometimes quite frankly, we are related to them so contact is inevitable. Regrettably, we are probably trying to “please” someone else and their agenda in bringing everyone “together”, so we begrudgingly participate.

My first advice is just don’t do it! Yes, the best and greatest way to cut down on holiday stress is simply to NOT spend time with folks you don’t enjoy. Explain your position to your loved one, respecting what they are trying to accomplish but share that is causing you undo stress. REAL STRESS. Unhealthy STRESS. Offer a time later (after the holidays) to share more in detail. For some, you can also offer to sit down with all parties and work for a resolution if that is desired. But it is unwise and unrealistic to add pressure to an already stressful situation this time of year.

However, if contact is unavoidable, here are a few tips that I have learned over the years.

Take a higher view of the situation – aerial vision clears away illusion. Wrong actions are wrong; wrong responses are equally wrong. Aerial vision allows you to gain clarity. “Clear Air Space” is what we call it around our house. Raise yourself above the situation and look at what is really happening without investing too much emotion. You will be gifted the ability to see what the possibilities are for resolution, what the odds are for resolution and honestly, what is completely impossible. A great friend of mine said – it only takes one person to change a relationship. Climbing into Clear Air Space will allow you this gift.

Once you analyze your situation in Clear Air Space, think about what is next. Doing what it takes is sometimes much harder than “reading” what the solution looks like on paper. When the Pressure is really on, it’s easy to get “sucked in” to the emotional tornado. Here’s the gold standard – Awareness! When you recognize the pressure is on, realize the reason you are feeling pressure is because you CARE.

If you don't CARE, it would not make a difference what someone does or doesn't do. And because you CARE, when you are IN the emotional tornado – you naturally become defensive. And, it's not that you feel "lost" you simply don't know which way to go – mostly because things are spinning. You feel - Damned if you do, damned if you don't. So what can you do?

First, lead with the awareness that no one controls you without your permission. You are in charge of YOU. No One else.

1. Recognize what causes the tension
2. Ascertain your choices
3. Consider the cost
4. Know your limits
5. Own your choice

Using humor helps a ton. It may not work with the "certain someone" you are having issues with, but it certainly works when you are alone. Crack yourself up once in a while! It's ok to vent and it's ok to be hilarious when no one else is getting hurt.

I have recently learned a beneficial saying – "Screwed up people are just ordinary people who cause HURRICANES in your emotions. " My advice? Quit being the beautiful songbird that continues to fly into THEIR storm. Most unhappy people will try to drag you down to their level and beat you on familiar territory. Realizing it's really their issue is quite powerful.

When you cannot change the direction of the wind, adjust your sails.

Once you realize it takes TWO people to create an unhealthy relationship, stop being part of the TWO. You do not have to continue participating. Simply stop! This typically befuddles the other party. And, so what? You are taking charge of YOU.

After you emerge from this hurricane unscathed, if you feel compelled, take that opportunity to change your life for the better. Take time to heal and be honest. Then when you are ready:

1. Decide what you want
2. Make the choice to have it
3. Own the choice
4. Go for it

We are all as happy as we DECIDE we are going to be. And, no one is going to improve your lot if you don't. So, now you know the process, but what are some simple things that you can do to keep the momentum on your side when things look "dark"? Here are a few ideas-

VOLUNTEER – focus on what you can give;

DO SPECIAL THINGS FOR YOURSELF EACH DAY – take a walk, light a candle, play with your pets

KEEP BUSY - but not too busy;

HAVE GRATITUDE – just say thank you five times each day;

LEARN TO BE CALM - find your happy place;

BE UNAFRAID - say how you feel – don't keep it inside

GO OUTSIDE- Nature rarely disappoints

USE PRAYER – Let the Big Guy take over – He's a Pro

Rock on- you got this! Don't let anyone ruin the Holiday for you!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express