

DR. LOIS FRANKEL

Get and keep the job you want.

For our last set of coaching tips of 2003 I've asked Coach Susan Picascia, formerly with Cedars-Sinai Medical Center's Employee Assistance Program, to provide us all with some tips for getting through the holidays in a healthy way. Here's what she advises:

Stress is the wear and tear of responding to life's pressures, demands, challenges and changes. Stress can be related to major events in life, such as birth, death, loss of job, change in residence or divorce. And, stress can grow out of the small everyday hassles that exist, such as heavy traffic, broken equipment, a fight with a friend, or saying the wrong thing at the wrong time. The holidays set the stage for stress of both types to feelings of being out of control, overwhelmed, or simply spoiling what is supposed to be a time of joy and meaning.

Can you imagine the holidays different this year? Can you imagine putting action to your most treasured values and desires? Can you imagine stopping all that you do that wears you out or distracts you from your true wishes? Imagine we start a tradition with all our most important people in life that gives us all permission to live the holidays from our most personal and deepest beliefs and needs.

Take a moment to be thoughtful and reflect on at least one wish you have this holiday season that truly means something to you and that you truly want to bring into action. One wish. One moment of mindful pause. One action.

Keep the following in mind for a more meaningful and fun holiday season:

1. SET PRIORITIES

Choose quality over quantity.

Identify the activities you and your family enjoy most and do those.

Share responsibilities for getting things done.

Learn to know what is "good enough."

Kindly say "No" to what doesn't reflect your true wishes.

Joyously say "Yes" to what does!

2. GIVE BACK

Be generous with your time and money to those less fortunate.

Shop less/volunteer more. You'll feel so much better about yourself come January.

3. KEEP IT SIMPLE

Elegantly, deliciously simple. There's power in simplicity.

Put people before things.

Put yourself before things.

Women: learn from men-- good enough is good enough. Perfection leads to burn-out. And the point is to enjoy yourself.

Men: learn from women-- there's great joy in giving of oneself and thinking of others.

4. BE MINDFUL

Take care of yourself.

Make room for rest and renewal, as well as, connection and activity.

Stay true to your deepest wishes.

Spend some time in nature.

On behalf of all the coaches and staff at Corporate Coaching International, I send warmest wishes to you and those you love for a joyful holiday season.

Best regards,

Lois P. Frankel, Ph.D.