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IN SIGHT *for Oregon Lawyers*

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

PLANNING A STRATEGY FOR ENJOYING THE HOLIDAYS

While the holiday season can offer opportunities to relax and revitalize, it can also throw normal routines into disarray. Chaotic schedules may leave little time for meaningful activities. Conversely, too much free time can lead to emptiness, boredom, and loneliness.

One key to making the holidays a positive experience is to incorporate into your holiday schedule activities that are fulfilling to you as an individual. While “filling your tank” with personally meaningful activities is a good idea throughout the year, it is particularly important during the holidays due to the chaos and/or emptiness caused by changes in routine.

Here are some ideas for how to balance the demands of holiday time:

- ❄ Make a list of things you would like to do this holiday season. This should not be a list of necessary tasks but should be a list of “want-to-do” activities that bring you joy. Be sure to block out some time to do them.
- ❄ Schedule time and/or activities just for yourself. If extended family is part of your holidays, you may need to get up a little earlier to find some quiet time. If you already have a morning or evening ritual of reflection, prayer, meditation, or other centering activity, make that ritual a part of your holiday. Resist the temptation to abandon it in the face of extra demands on your time.
- ❄ Having specific plans over the holidays doesn’t have to exclude spontaneity. Just don’t overschedule – leave a little time for unexpected invitations and ideas.
- ❄ Try to strike a balance between time spent in large groups, in small groups, and one to one.

Don’t allow your holiday schedule to become a rigid taskmaster. Revisit your plan every day to maximize the anticipation. If an activity on your “want-to-do” list no longer looks appealing, replace that activity with another. Continue to fill your life with those activities that rejuvenate you during this holiday season.

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The author is the outpatient director for the Santé Center for Healing. This article was adapted from the December 2006 Santé News newsletter published by Santé Center for Healing. Adapted and reprinted with permission.