



## Begin Your Inner Healing Today

Holiday SEASON IS ALMOST HERE!

As I launch my first Collaborate Counseling newsletter I struggled with what should be my first topic but it became very clear with Thanksgiving and Christmas around the corner! Stress and anxiety levels are high this year with elections, our economy, our families and life in general. Add on the Holidays, difficult work, life and family situations, figuring out how to get thru each day can be stressful and anxiety producing!

Latest research suggests that a few moments of simple gratitude might help reduce the challenges faced each day this season and reduce your stress levels!

Think of 3 things you are grateful for today, write them down, call someone and tell them why you are happy they are in your life and see what happens!

Here is a wonderful video to help you spend a few moments of reflection to de-stress, reduce anxiety levels, and receive the benefits that research is stating will help us to reset our minds, body and spirit and overall health and



- **Acknowledge your values.** TV commercials, magazine pictures, and holiday movies, portray the ideal holidays, complete with loving family gatherings and delicious meals. If you're not careful you can easily lose sight of what's important. Pause long enough to consider what really matters to you this year and commit to living according to those values.
- **Aim for good, not perfect.** The Holidays don't need to become a contest over who spends the most money or who bakes the best dessert. Give yourself permission on to cook one less entree, decorate one less room, or buy one less gift this year.
- **Set limits on how you spend your time.** Before you declare you have to attend that holiday party, or you have to spend the day decorating remind yourself it's a

happiness: take a look! (have video ready below)



A Moving Art original short. This inspirational video was well responded at TED conferences and filmmaker Louie Schwartzberg motivates those around him as happiness is revealed. Spoken word and music montage created and composed by Gary Malkin. Narration written and spoken by Brother David Published on Oct 14, 2011

Research on Gratitude is Clear! It works in relationships and for individuals. We know it keeps us healthy and reduces stress.

92% of Americans state that the Holidays are a time for giving thanks, being grateful for family, friends, and yet they would rather be doing something else; watching TV, streaming video, playing with a pet.

71% said that the Holidays causes them stress (Psychology today,11/15, Amy Morin).

Here are some tips suggested to reduce Holiday stress this year:

choice. Recognizing you have control over how you spend your time-and who you spend it with- can help you keep your attitude in check. Skipping out on a few activities, may help you feel a lot less stressed.

- **Say one thing your're grateful for** every day. Commit to saying one thing you feel grateful for every day. Make it a habit to express gratitude during the holiday season and you might decide to keep it up year-round.
- **Send gratitude cards.** Send a card that tells individuals why you are grateful to have them in your life. Send one card per day , and don't worry about getting cards delivered for the holidays. A card that arrives a month or two after the holiday with a personalized note that expresses your gratitude will be more meaningful than a signature slapped on a generic holiday card that arrives on Christmas Eve.
- **Reflect for just 60 seconds a day.** Feeling thankful doesn't have to take up a lot of time. Set aside one minute a day to notice just a few good things you have in your life. Clean water to drink, a roof over your head, or spare change in your piggy bank are just a few of the things some people won't ever experience. (Psychology Today, 11/15 Amy Morin)



Check out this blog that I put together using Dr. Rick Hanson's work on the neuroscience of our brain and finding balance using your own positive, inner traits and strengths.

[Feeding Inner Strength click here](#)

Thank you for being a client of Collaborate Counseling and your referrals! I hope the information, links and videos you will find helpful and a resource when needed. As always, if there is anything I can do please reach out, send me an email or call!

Sincerely,

Carolyn Placzek

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