



Coach Jane

## Christmas Carols can help you manage holiday stress!

The holiday season is upon us! It really is a magical time of year. We have special music to celebrate the season and we hear it everywhere. Does anyone think they may experience a feeling of being overwhelmed or stressed this holiday season?

I would like to share with you how Christmas carols can help you manage holiday stress. Of course as a coach, I may hear some of the messages a little differently and you can too. This holiday season stop, listen and be reminded of the message they send out.

**Joy To the World** – Everyone will agree the world needs more joy. Not everyone celebrates the Christmas holidays but everyone appreciates joy. How can you bring joy to the world this holiday season? Maybe those Christmas decorations will bring joy to the neighbours on your street, a thank you card to those special people in your life, or a smile to a stranger in the mall. Be joy, it will be returned to you tenfold and you will be joy filled.

**Deck the Halls** – Many of us will go all out decorating our homes and businesses with twinkling lights and bows just right. Some of us may get so caught up in having it perfect that we begin to feel like decking the person in front of us in the lineup. Remember things are seldom as perfect as we think they ought to be. Let go of those huge expectations and breathe. Enjoy the holiday season moment by moment.

**Silent Night** – Give yourself some silent nights this holiday season. It is acceptable to say “no” sometimes. Pace yourself, what is truly important this holiday season? If you are not sure think back to Christmas’s past. What stands out in your mind? Chances are it is the sharing with family and friends.

**Oh Christmas Tree** – This carol is a great reminder that the holidays are about tradition. If your family has changed or you don’t like your family traditions start some new ones. In my family, the Christmas tree is filled with decorations my children have made over the years. Each Christmas I am reminded of these fond memories.

**The Twelve Days of Christmas** – Start early! It’s amazing how we all think we have lots of time to get it all done. Make a plan, write it down and do a little bit everyday. Identify the must do’s. What are your top five priorities this holiday season? Do these first and you will feel much better.

**Oh Come All ye faithful** - Have faith, the holiday season will come and go. For some the holidays will be a difficult time. If you know someone who is ill or on their own, reach out and share the spirit of the holidays.

**God Rest Ye Merry Gentlemen** – In our culture, rest is not respected until you don’t have any. Relax, rest and enjoy. To have a balanced life we all need some down time. Rest and be merry.

**Jingle Bells** – Listen for the bells and give to those less fortunate. Christmas is the season of giving.

**Here Comes Santa Claus** – Do you see him everywhere? Relax you know he is not the real one. Santa knows if you’ve been bad or good, so be good for goodness sakes. Set a budget and stick to it. Keep your spending in line, when January rolls around you will be glad you did. Keep it simple you will you save yourself hours in the mall and give yourself more time to enjoy your life.

**Rudolph the Red Nosed Reindeer** – How red is your nose? It is the season of over-indulgence with great food and drink. It is no accident that January and the New Years Resolutions come right after Christmas.

**We wish you a Merry Christmas** – Believe you will have a Merry Christmas and you will. Set your intentions. Do you find the holiday season a difficult time of year? Set yourself up for success – make some plans and make sure you have things to look forward to.

This year listen to the sounds of the holidays and remember what the spirit of Christmas means to you! Blessings to you and yours this holiday season.

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