

Surviving Christmas – reclaim your life!

It's that time of year again. Another year is about to pass. They call it the silly season yet we'd hope that it is a time of celebration with excess joy and a time when all of our relationships align and move into peace and harmony. Also, a time where there is loving support from everyone for everyone and when everyone has someone.

We know that this isn't always the case. Children – some homeless, some harmed, some not knowing what will come next. The child who longs to be held by a loving parent.

For some women and men there is a fearful expectation of Christmas because of the excesses of alcohol and other substances which might bring about some form of domestic violence their way. Domestic violence through isolation, economic deprivation (money spent on things other than essentials), physical violence and emotion violence or blackmail.

Then the parents – grieving for lost children through premature death, substance use, incarceration or the stages of life. The parents who are waiting longingly for their loved one to return – expecting, maybe this year they will see that missed and cherished one walking through that door. They are waiting with open arms.

The homeless or poverty bound who use their last coin for some semblance of celebration saying, 'stuff it, it's Christmas'.

Whether we are within these groups or not there are things we can do to survive Christmas, to rejoice as is meant to be.

Here are some questions to stimulate your thinking and contribute to your plans.

What are the joyful moments from this year that will bring happiness and a smile to my face and warmth to my heart as I remember them on Christmas day?

Who do I need to reconnect or connect with, in a positive way, to share the gift of connection this Christmas?

With what I have and where I am – how can I give the gift of joy to those dear to me?

Who is dear/important to me?

What 5 things would I like this Christmas day – that are within in my reach?

What steps do I need to take to achieve those?

With these things in place who will I be?

Now is the time to prepare! Prepare – socially, emotionally, financially, physically and spiritually.

What can I do to hear my heart sing?

It is important to remember, we all make a poor choice somewhere in our lives. The question is do we want that choose to restrict our lives or do we want to be free from the bondage of that choice. Consequences happen to all of us.

Wherever you are, whoever you are, you are valued and worthwhile.

Enjoy the outcomes of your Christmas planning.

Your Life Coach

Julie