

# How to Outsmart Holiday Stress



## Escape The Holiday Hullabaloo in 4 Easy Steps!

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## What's Holiday Hullabaloo?

Be honest: Do you feel stressed & overwhelmed this time of year? Wish you had one of those “easy buttons” as the Holiday season approaches? Sometimes I do! Just think...In an instant you could decorate your home, get the shopping and wrapping all done, stock your kitchen full of the ingredients needed to make all your favorite Christmas goodies, and still be available to do the little extras for everyone who needs your help. (Of course all while getting plenty of rest, staying in your exercise routine, and feeling nothing but calm and cheerful...)

I know what you're thinking...“in your dreams, Christina”! Well, you're right... this scenario would only exist there, as no magic “easy button” exists to help us manage the stress and high expectations that we tend to create for ourselves around the Holidays. Even though it's supposed to be “the most wonderful time of year”, too often we let the endless demands on our physical and emotional energy turn it into “the most stressful time of year”!

I've pushed myself past the point of exhaustion before with a non-stop approach to getting ready, only to end up sick instead of enjoying my friends and family. I *don't* want to end up sick again, and knowing the definition of insanity, which is doing the same thing over and over but expecting different results, I know I must take new actions to enjoy the energy, happiness, and health I *do* want.

To achieve a focused yet relaxed Holiday mindset, it's essential to connect with your inner strength and guidance, getting crystal clear about what you really want. There's an energy mismatch when we don't take enough time to decide who we want to *be* before we jump into action on what we think we should *do*. This can mean the difference between experiencing joy or overwhelm. Joy comes from being in alignment with our deepest values and overwhelm is the result of working hard without a plan, draining tons of energy, which is extremely stressful!

I challenge you join me in taking a more resilient strategy so we can “Outsmart Stress” together. Are you in? Awesome! Let's get going...

# Escape The Holiday Hullabaloo in 4 Easy Steps!

## Step One: Create a Holiday Mission Statement

**“I believe the ‘Perfect Holiday’ is one that you DESIGN for yourself”**

~Christina Kunkle, CTA Certified Coach, R.N.

A Mission Statement helps us cut through the clutter of everyday activities to set passionate intentions that represent the best within us. We use it to stay inspired and remember what’s important, not to impress anyone else. This helps create a tough mindset by disciplining it to focus on taking inspired actions. What a great way to enjoy the holiday by design instead of surviving it by default!

An undisciplined mind tends to be anxious, dwelling on problems and things that bother you, but having clear intentions keeps the focus on finding solutions to problems, and can provide valuable guidance. For instance, when you’re in the process of deciding how to spend your time, energy, and money, you can ask “Will this choice take me *closer to* or *further away* from my mission?”

### Here are some great questions to ask yourself as you create your mission statement:

- 🌿 **What do I really want to experience this holiday?**
- 🌿 **Why is it that I want that?**
- 🌿 **How do I want to feel no matter what is going on around me?**
- 🌿 **How do I want others to feel when they interact with me?**
- 🌿 **What strengths and gifts can I share and how?**
- 🌿 **Who would I most enjoy helping this Holiday?**
- 🌿 **How will I partner with others to accomplish my mission?**

When creating your statement, write it as a short, positive statement in the present tense. Here's mine as an example:

**Personal Mission Statement:** “I **commit** to doing whatever it takes to stay **happy, healthy, and strong** during the busy holiday season. I will look for a way to **plant the seeds of happiness** by **being a blessing** to at least one other person every day. I will **laugh** a lot, **show extra patience**, and remind myself to **stay positive**. I'll help **bring joy** this Christmas by working with Garth and the kids on a “Secret Santa Mission” to **provide warm clothing and welcome essentials to a family in need.**”

So when does my mission statement remind me of what's important? Well, for instance, if I'm feeling tired and needing an afternoon pick-me-up, my commitment to staying healthy will encourage me to enjoy a hot cup of tea followed by a short nap rather than digging into the warm pan of brownies calling my name from the kitchen! Or, if I'm waiting forever in a checkout line only to be greeted by a grumpy sales clerk, I'll try to make her smile instead of getting offended. After all, how other people act is always about them.

### My Personal Mission Statement:

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## Step Two: Give Sincere Christmas “Presence”

**"The best of all gifts around any Christmas tree is the presence of a happy family all wrapped up in each other." ~ Burton Hillis**

With this in mind, let's drop from our head down into our heart and choose gifts that reflect the value of creating joyful memories with friends and family. These gifts are personal in nature, which everyone is thrilled to receive. The best part is creating memories that usually cost very little.

When choosing gifts it comes in handy to know your personal mission, because it promotes using your talents and strengths to make a contribution. It's a real blessing to offer gifts of time and love to those on your list, and there's great joy when others feel seen, heard, and supported.

So what might these gifts look like?

-  **For a child who loves a certain musician**, instead of buying a CD ~ tickets to attend a live concert with them.
-  **For someone who is struggling to cope with an illness** ~ the gift of inspiration, positive encouragement and your willingness to listen.
-  **For an elderly neighbor** ~ the gift of a warm meal and help decorating the Christmas tree.
-  **For a busy mom overwhelmed with trying to balance work and life** ~ the gift of a manicure and pedicure while you take over the evening routine with the kids.
-  **Family Favorites** ~ Hand made coupons for back rubs, doing their chores, playing games, or a night off from fixing dinner.
-  **For someone who has wronged you** ~ the gift of forgiveness is priceless(for both of you).
-  **For anyone and everyone** ~ the gift of sincere gratitude!

Melody Beattie helps us grasp the power of gratitude:

**"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."**

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For more ideas on staying healthy visit [www.SynergyLifeandWellnessCoaching.com](http://www.SynergyLifeandWellnessCoaching.com)

**What does giving “Sincere Christmas Presence” mean to me?**

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**What might my “Sincere Christmas Presence” look like for those I care about this holiday?**

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## Step Three: Take Exceptional Care!

**“By taking care of ourselves, we can better care for those around us. When we do this, we begin to care more about others and we become more available to our family, our friends, and our community. Our availability to be of service to the world is directly related to our ability to be of service to ourselves.” ~Cheryl Richardson**

### **Remember to take a break and allow yourself to be pampered.**

Make sure other members of the family understand how important your downtime is to preserving your well-being. But if they won't help you get it, find your own way. You can't give to others what you don't have, so you can't run on empty! A nap, bubble bath, or just chilling out with a favorite book for a few minutes can be very relaxing. You'll be refreshed and ready to go again in no time!

### **Stay healthy!**

This will allow you to enjoy the festivities and make it less likely you'll be flat in bed with the flu by Christmas day. Give your immune system a boost by taking a high quality supplement with extra B vitamins to support you during times of extra stress.

### **Energize!**

Movement is great for reducing stress. Even shopping is exercise, so when you visit the mall park further away than you really have to. Make yourself go up or down a few hills or steps. Walk up the stairs. You'll burn off calories and relieve tension at the same time.

### **Make time to enjoy your friends!**

Eat, sleep, and be merry! The extra endorphins will kick in and help you stay positive.

### **Breathe to stay inspired!**

Inspiration means “spirit within”. Your breath is the connection to spirit, which is also a great way to stay connected to your mission statement.

### **Above all, accept the responsibility to take gentle care of YOU!**

If it makes you feel guilty, remember others will benefit from you being relaxed and happy. Plus you'll be a lot more fun for them to be around!

**How will I take exceptionally good care of myself to avoid holiday hullabaloo?**

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**In addition to me, who will benefit the most from me staying relaxed, healthy, and happy?**

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## Powerful Daily Affirmations For Success

**“What we think and do today, right now, will have an accumulated effect on all our tomorrows”**

~Alexandra Stoddard

**What are Affirmations?** Affirmations are powerful statements to remind us what we know to be true, despite what others may say or when our own ego plants that seed of doubt. They are most powerful when we:

- Say them in the present tense
- Write them down
- Feel them strongly with emotion
- Say them everyday, first thing in the morning and last thing at night

Affirmations form our behavior patterns and habits. They are the foundation of our internal dialog.

Affirmations help us focus our thoughts in a healthy way.

Affirmations are positive, empowering statements.

Affirmations promote positive self-talk, and positive action.

Positive affirmations build self-confidence and self esteem.

Positive affirmations create positive pictures in our minds.

**Why use them?** Saying and writing daily Affirmations help to create change from the inside out. We have several thousand thoughts a day, and a lot of them are negative!

Affirmations help you be intentional about keeping self-talk positive and focused on what you *DO* want, instead of what you *DON'T* want. Remember where your attention goes, energy flows. In other words, you will get more of what you focus on!

**How do I use them?** I recommend choosing a special notebook as a gratitude journal and to write affirmations twice daily... first thing in the morning and again before bed.

Always phrase affirmations in the most positive way, stated in the now.

**Examples:** If you want to be chosen for a supervisory position, your affirmation should include the qualities you possess that would serve you in that role. You might affirm: “I am a dynamic, empowering leader.” If you tend to wake up each morning wondering how you’ll ever get through an overwhelming to-do list, you might affirm: “I have more than enough time and energy to accomplish all my goals.” If you are struggling with direction and finding the right resources to get the job done, you might affirm: “I am open to receive guidance and support.”

I set healthy boundaries and preserve my energy

I love and accept myself just as I am, even when I see where I can do better.

Life is fun. I’m willing to enjoy it.

I remember to breathe deeply and often

I am relaxed, focused and centered. I have plenty of time for everything.

I am confident, happy and comfortable in all situations.

The more I take care of myself the more I have to offer others

I am happy healthy and strong


I make a special effort to connect & communicate well with others

I am grateful for good relationships with my family

I am thankful I have plenty of money in my buffer savings account

I am worthy of loving and meaningful friendships

I am perfect in my imperfection...I am already good enough

 **Tip: Choose a Talisman:** This is something to use as a frequent reminder of how you want to feel no matter what is happening around you. Often it’s a small object like a picture, a symbol, a rock, a memory, or a quote. My son wears a “live strong” bracelet, but maybe you would crank up your favorite tunes instead. Here’s a quote that I love and read often:

**Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.** (Author unknown) Whatever reminds you to stay focused on the positive when things get tough is perfect!

## **My Affirmations:**

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## **What I will use as my Talisman to stay energized this holiday:**

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## Step Four: Leverage Your Time and Energy

Here you receive the payoff for taking time to decide what's important! Now your action is focused, in alignment with your values, and less draining because you're working smarter not harder. Get the hang of leveraging your time and watch your stress shift! Here are a few practical tips:

-  **Time Block** ~ Instead of putting pressure on your self to tackle big projects like cleaning house or gift wrapping all at once, set the timer for 20 or 30 minutes and consider yourself finished for that block of time. This way your task becomes much less overwhelming.
-  **Batch Tasks** ~ Batch tasks like shopping, errands, and preparing foods whenever possible. Chances are you have a signature dish that is often requested by friends and family. Could you make multiple batches at once to save time and energy?
-  **Decorate Simply** ~ Consider bringing the outside in...A few well placed holly leaves, pinecones, and evergreen with candles mixed in can make a beautiful centerpiece. Kids also love to create their own decorations and display special artwork!
-  **Prepare Ahead** ~ Christmas usually means a house full of hungry guests at various points throughout the season. It reduces stress to be prepared. Consider freezing comfort food like stews, soups, and cakes that you can defrost or heat up in the microwave when friends drop by.

### Ways I Will Leverage My Time and Energy This Holiday:

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Congratulations for taking the time to create your customized plan to outsmart stress! Your efforts are sure to pay off because everyone will benefit from your positive energy!

I encourage you to celebrate even the small steps taken to escape the holiday hullabaloo better than you may have in the past.

**"Celebration of your achievement is as important as your achievement because success builds on success." ~ John Powers**

**Ways I'll Celebrate the Steps I'm Taking to Outsmart Holiday Stress:**

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## Continue to Outsmart Stress in 2010!

Can you hear it? 2010 is knocking on your door and it holds many gifts for you. By using this resilient strategy to outsmart stress, you'll be happy, healthy, and ready to greet it!

If you find yourself wanting more but aren't sure how to get there, I'd be honored to be even a small part of you moving forward. I stand ready and willing with tips, tools and encouragement as you to embrace new ways of creating the wonderful life you dream of!

Synergy is created when you have a partner walking beside you. It's powerful momentum forward towards your goals, allowing you to reach them faster than you would have on your own.

Remember, SYNERGY = SHORTCUT...If you want to walk fast, walk alone. If you want to walk far, walk together. (Indian Proverb)

Take a moment to consider this... Is NOW YOUR time to accept the gift of Synergy?

If so, call by December 30th to schedule your complimentary 30 minute "New Year, New You" coaching session!

*Believing in YOU,*

*Christina*

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## About Christina Kunkle



Christina Kunkle is **founder of Synergy Life and Wellness Coaching, LLC and creator of the “Synergy Success Circle”**, a group of professional women who meet monthly for inspiration, motivation, education, and friendship as they seek work/life balance.

She is a graduate of Southern University in Tennessee, where she earned a Registered Nurse degree. After twenty years working as an R.N. in the fast paced fields of Emergency Medicine and Ambulatory surgery, she felt overwhelmed and overworked, experiencing symptoms of burn out and stress related illness. Not satisfied to settle, she set out on a journey to find happiness, balance, and restored health.

This journey with many twists and turns has helped her to go from just surviving to truly happy and thriving, finding her true calling in Life and Wellness Coaching. **She believes while each of us has a different set of tough life challenges, it’s essential to find healthy mentors, seek serenity, and build resilience in order to make lasting changes forward.**

For this reason she **has dedicated her private coaching practice to helping busy women transform stress into strength instead of getting overwhelmed and frazzled when under pressure by learning how to rebound quickly with grace and ease.** She believes with a tough mindset, emotional hardiness, and physical resilience, it’s possible to enjoy work/life balance, managing your energy instead of burning out like she did.

A confident and from-the-heart individual, her writings have appeared on websites and in “Bloom” magazine for women. Her passion and purpose is to use her intuitive gifts to teach, guide, and coach through speaking, workshops, and one on one with clients.

Christina’s personal time is spent enjoying her home in Bridgewater, VA with Garth, her husband of 14 years, Ben, their fun-loving 13 year old son, Dani-Grace, their spirited 3 year old daughter, and their handsome boxer Rocky.