

Love & Light

Winter 2019



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L&L Festive Cheer or Festive Frazzle?

Many of us love Christmas, but there is no doubt that it brings with it, its fair share of stress. From where you will spend the big day, money concerns that go along with buying drink, food and presents. As well as burning the candle at both ends, with parties and planning...

So, how can you ensure Christmastime is full of festive cheer?

• Don't be afraid of saying 'No'!

It's tempting to accept every invitation on offer. But it is far better to pick and choose, ensuring you will really enjoy the events you do attend. You will likely feel better health-wise, and also be well-rested. Making you a more fun attendee!

• Eat/Drink more mindfully

Homes can get filled with seasonal food, from the things we are seduced into buying and from gifts we receive. It can be tempting to eat and drink throughout the whole of December in a way you wouldn't normally. But your body will thank you for approaching Christmas in a more mindful way. Have days where you indulge, because you are attending a party or dinner, interspersed with days where you just eat normally. Try to limit mindless festive eating like mince pies at 11 o'clock in the morning and dipping in/out of tins of chocolates.

• Go outside

Many of us will utilise the internet to get our Christmas shopping done. But you cannot underestimate the wellbeing benefits of going outside. A 20-minute walk, can do wonders for your soul. Shopping on the high-street can also get you more in the mood for the festive season. Internet shopping can be cheaper, but you don't get the buzz, music, smells and excitement that comes from being in the real-world.

• Bring joy into your home

Everyone will be different in this regard, but relishing in small things that bring you joy can really invigorate you when you are tired and stressed. From lighting a fire, to having an indulgent bubble bath, to burning a scented candle. Take some time for the small pleasures in life and truly enjoy them! Wearing a Christmas jumper, or some reindeer ears. Spending quality time with your pets, playing your favourite music, and watching Christmas films - all count...

• Help & share

Offering to help a friend or neighbour in some way, is a great way to both support someone in need, but at the same time increase your own happiness. In order to make time for others, make sure that your own workload is shared out. If you are having guests take up any offers of them making/bringing something. Get children involved in cooking/baking and pass down family traditions. Delegate chores and Christmas preparations at home and work. It might not be as perfect as when you do it, but you will feel less frazzled and more appreciated for their gestures.



Take Stock of 2019 L&L

As we near the end of the year, it can be a great time to take stock, and see what we achieved. Did we move closer to our goals? Did we overcome challenges? Did we repeat mistakes? And so on...

In life, we often have periodic reviews - our car goes in for a MOT, we might refresh and decorate a room in our house. We may attend a medical check-up and have an annual appraisal at work. Often though, we will not undertake any sort of review of our life and whether we are happy and moving forward.

Wheel of Life

If you work with a Life Coach, very often one of the first exercises they will get you to do, is a Wheel of Life. The wheel is generally sectioned into 8-10 pieces. Numbers are placed in inner circles of the wheel from 1-10. The idea being that you assess each area of your life, and give it a mark out of 10. One being where you are least satisfied, and ten being where you are happiest.

Build Your Own Wheel

You can create a wheel that is relevant to your life. These are some of the topics you might choose:

Finances,
Romantic Love,
Friendships,
Family, Work,
Wellbeing,
Hobbies,
Social Life,
Spirituality,
Personal
Growth, Fitness
and Studies etc.

What Can You Learn?

The wheel can be printed out and coloured in. It isn't something that you should labour over. Rather, it should be something that you can complete quite quickly, with relative ease.

Having assigned each section a title, and a number based on satisfaction. It is easier to identify the areas of your life that need your attention.

You might also be surprised by how the areas needing improvement are connected. For example, if you are unhappy in your work, your relationship, social life & fitness levels may all be suffering. It demonstrates how having one area of life out of kilter, has a knock-on impact on other areas.

Next Steps

Having identified the areas that you need to work on, it's time to make a plan.

You can determine what your priorities should be, by asking yourself - what is the current number, what would I like the number to be, and how important is it to me that I achieve that increase...

To make any goal/change stick, it is important to follow a set of ground rules.

• Make the goal specific.

Put a lot of detail around it. Really thinking about what you want and why.

• The achievement should be measurable.

You need to be able to check your own progress and know when you have achieved what you set out to do.

• Inspiration - This

is an important step, as when you are knee deep in the process, it can be hard to remember why you started. Keep focussed on how you will feel when you achieve your desired

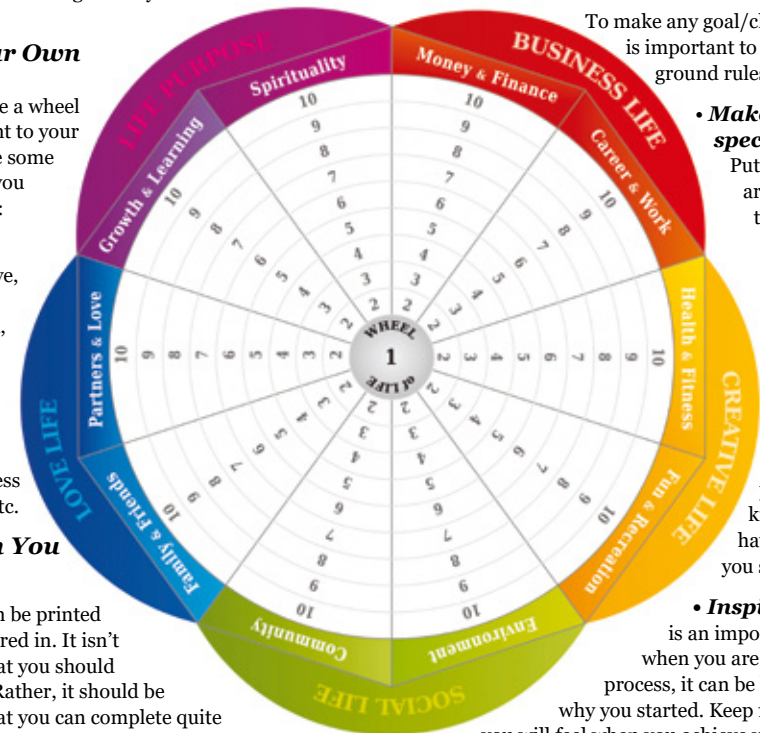
outcome.

• Timing.

It's important that your goal has an end date. Making it easier to measure progress, and to know a finale is in sight.

• The last step is to be realistic.

It's important to reach for a goal, but it should be achievable. Remember, you can only influence what's in your control!





There is no doubt that Christmas/New Year, has the potential to turn into a season of excess. Fortunately, there are many ways that we can limit the impact, with a bit of forward planning.

Buying Gifts

• Many gifts are bought and given with the best of intentions, but can fall far of the mark of what a person actually wants. Talking to family, friends and work colleagues in advance. Agreeing a secret Santa approach so not so many gifts are purchased. Agreeing a spending limit, and sticking to one gift as opposed to many little things, can really focus what is purchased. Of course, one of the best ideas is to make a gift. Whether it is a baked good, something knitted or an album of photos...

Gift Wrapping

• When it comes to wrapping gifts, getting creative could really limit the amount of gift paper that goes to landfill (over 225,000 miles of gift wrap are thrown away). You could use scraps of fabric, brown paper, magazines - anything goes. Decorate with anything you can forage in your garden/nature.

Christmas Tree

• If you are buying a real Christmas tree, then think in advance about what will happen to it after. You might buy a potted one and plant it in your garden. Some zoos take trees for animal enrichment. Check in with your local council, to see how you can recycle yours.

Make a List

• Whether you are shopping for gifts or food, sticking to a list, can help to minimise impulse purchases you don't really need. Turkey, mince pies and Christmas puddings top the list of things that don't get eaten and get thrown away...

Leftovers

• Clearing your freezer before the holiday season, can make way for storing leftovers from the Christmas period. If you have family & friends over for meals, it can be a great idea to send them home with 'doggy bag's', if you don't think you can eat all of the leftovers. Don't forget to compost or use your council's food waste bin for scraps.

Other ideas

- Make arrangements to share transport wherever possible.
- Decorate your home with items from nature.
- Attend craft fairs, try to buy presents that have been made locally.
- Use washable napkins, and avoid one-time use plastic plates & cutlery. Purchase some reusable drinking straws.
- Cut down this years Christmas cards to be next year's gift tags.

Did you know it is considered bad luck to send a letter to your beloved on Christmas Day?

Well, here are some other superstitions associated with the festive season and the start of a new year...



Mistletoe

- You might associate holly & ivy with Christmas, but in fact whilst holly is generally considered a lucky plant, it should only be brought into the house at Christmastime. Generally, not before Christmas Eve, and both prickly and smooth types should be used to ensure a good future year. Some people never make an exception for Ivy, due to its associations with old buildings, graveyards and churches. Greenery was often kept and burned on Shrove Tuesday; alternatives were to feed it to cattle!
- Mistletoe is also associated with fertility, and is considered to be an aphrodisiac! Kissing under the mistletoe has long been associated with love, especially at Christmastime, when it was thought to increase your prospect of love and marriage in the coming year.

• Of course, you will have heard of frankincense and myrrh as a result of the Three Wise Men, but many also burn these aromatics to provide spirits a period of peace and rest.

• We might use oranges studded with cloves as a fragrant decoration during the festive season. They actually originated from the Middle Ages when wealthy folk would wear pomanders (often made of herbs and spices). In order to ward off diseases and general unsanitary conditions/contaminated air in towns and cities.

• If you are gifted a calendar for Christmas, it is better to wait until the New Year to hang it up. New Year's Day is seen as the best day to avoid rotten luck for a year!

• There was once a tradition of eating 12 mince pies, during the 12 days of Christmas. Each one to be consumed in a different house. The ritual would bring you good luck for the next 12 months. The first mince pie was extra special, as a wish could be made during your first bite!

• It was tradition for a fire to be lit, and not burn out the whole of Christmas Eve. In an ideal world there would be some logs left over, and one of these would be stored, and used to light next years Christmas Eve fire. Thereby protecting the house from unwanted fire blazes for the year.

• Love spells were common during the Christmas period. One such ritual would have a lady walk backwards to a pear tree and then circle it three times. So, say, she would then see the spirit of her future husband!

• The New Year has many customs too, a lot of which involve something coming into the house before something left on New Year's Day. Often these superstitions were tied to increasing financial prosperity in the new year.



Holly



Ivy



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