

# Top Tips To Keep You Calm Leading Up To Christmas Crazyiness

By Kyla Tustin



The build-up of energy and stress as we move through the end of the year and into the Christmas/New Year period can be huge for people as we begin to look back rather than being present, and realise that our new year's resolutions seemed to have slipped out of mind. These thoughts often lead to negative self-talk and criticism of ourselves rather than rewarding ourselves for all the amazing things we do every day just by being ourselves.

This time reminds me of a couple of years back when I arrived at Sydney domestic airport to fly to Queensland for Christmas and all I saw was anger, impatience, frustration and sadly not much joy. As I looked around the airport it made me wonder "what's really all the stress about, it's just another day?"

The pressure these two days create, on top of getting prepared to see family and get all your last minute work done before you go on holidays can really create a dampener on this jolly time and so here are some tips for de-stressing and clearing the mind of its stress clutter heading into the Christmas/New Year madness.

There are LOTS here and so I recommend choosing two that jump out at you and expand your energy and make a solid commitment to these. We want to avoid setting the expectations so high that it all gets too hard and you don't do anything.

- **Clutter Clearing Your Handbag and Wallet** – as we clear out our clutter we immediately feel achievement and relief. This also provides the space for new and exciting things to enter our life in the new year. Clearing the wallet is a great one for inviting in a new flow of cash after spending up big throughout the Christmas mayhem.
- **Ask for help** – we are not designed to do everything ourselves and so its valuable through the busy times to know when it's time to slow down, delegate and even ask for help. Personally I know I couldn't survive the stressful times without my amazing network of mentors, teachers and wellbeing practitioners. It's taken a while but I now acknowledge that there is no shame or guilt in nurturing yourself. Isn't everyone in our lives much better off when we are calmer partners, business owners, employees, friends and support when and we have enough energy to give. So don't delay this busy season get inspired and book in a healing or coaching session with

me or a massage, acupuncture, even getting a facial or your nails done whatever you do that brings back your flow.

- **Acknowledge Your Achievements** – write a list of all the things you have achieved this year both personally and professionally. The stress that comes with the end of the year is often connected with the feeling you have not reached your goals or new year resolutions. I often find that at the end of the year people stress out about all the things they haven't done and so when we switch this focus to all the great things we have experienced the feelings and stresses around starting a new year seem to fade.
- **Create a Joy Vision Board** – create a vision board with the intention of including everything in your life which brings you great joy. This can stay on your wall through the crazy period as a reminder of everything which is most important to you in your life and brings a smile to your face when things around you get a bit too serious. I will be holding another vision board workshop at the beginning of the year and so I look forward to seeing lots of you there.
- **BREATHE** – the element of air is connected to our mind and so when we breathe consciously and deeply this supports everything within our body and mind to slow down. Set a reminder on your computer or mobile to consciously breathe deeply every couple of hours throughout the busy period to support you to step out of your mind for a few seconds as you gain clarity and balance your energy.
- **Burn lavender** essential oil to calm the mind
- **Crystals** help you to clear and calm your mind and can support in the reduction of emotional and physical stresses. Try Amethyst which is a great stone to support sound sleep, energy protection and perfect to use within meditation as it supports to calm and quietens the mind.
- **You're No.1** – Set clear boundaries through this busy period by honouring yourself and your physical and emotional needs and always check in with yourself. If you feel you need some quiet time or rest then listen to your body and maybe take some time out.
- **80:20 rule** – Often at this time of the year all our healthy lifestyle and eating and drinking habits can go out the window and so do your best to keep at the 80:20 rule and keep your sleep as a priority. I am not saying don't enjoy yourself as this time of year is a great opportunity to celebrate your year with loved ones and friends but try and maintain some level of balance to ensure you arrive at your holiday destination (even if this is your couch) feeling energised and ready to enjoy some time off.
- **Get Outside** – Throughout your week make some time, even if it's only 5 minutes, to enjoy nature. Breathing in fresh air and enjoying some sunlight are great stress busters for the busy season.
- **Drink lots of water** – keeping yourself hydrated ensures your mind and body remain in the flow and any toxins within your body from stress are washed through with ease.
- **Good Time Management** – try to avoid unnecessary distractions throughout this time and remain focused on the work, tasks and activities that are essential and which bring you joy and follow your passions. Through all the noise around Christmas we can often get caught up in the hype and forget about the things we have to and love to do. Your end of year will be much more productive if when you are at work you focus on work, when you are at home you focus on enjoying this time ...yes you guessed it REMAIN MINDFUL.

Most important ... HAVE FUN and don't take it all too seriously. The endorphins created by joy and feeling happy are one of the best ways to keep our energy in the flow and to bring even more joy into our lives.