

Holiday Blues?

The holiday season is an absolute emotional roller coaster for a lot of people. On one hand, it's a time when family traditionally comes together to enjoy each other. On the other hand, we look around and take note of the things and people that are no longer with us-and we get sad.

Life is filled with ups and downs; we just have to learn to deal with them. Remember, **you** create your own feelings. There **will** be times in your life when feeling a negative emotion is appropriate-like when remembering a loved one that passed. But **you** determine how long you are willing to be sad about things that make you sad. You are not powerless. When we feel powerless, we start acting out of control. Don't do that.

Most of us try to disconnect from the pain by doing the most: overeating, overdrinking, over-gossiping, talking about our problems too much, victimizing ourselves, dramatizing our problems, repeating the problem over and over in our own minds, and continuously riding the emotional roller coaster over and over again. **Get off** of the ride!

Here's a step-by-step process to help you get off of the emotional roller coaster:

1. **Acknowledge** that it's sad-whether it's triggered by yourself, the universe, or somebody else.
2. **Open up** to the emotion by breathing it in and allowing it. Go ahead and take some time to be sad about your lost loved one!
3. **Know** that the only thing you have power over is your mind-so decide how long you are willing to be sad. (ex: "I will be sad for 10 mins")

When that time is up, decide intentionally how you want to think, feel, and act. If you want to be sad for a moment...be sad! Just don't let your mind decide to stay sad without your consent. Stay aware. **Nothing** is wrong with you! Its natural to feel sadness, anger, disappointment, etc.

The next step is to start asking yourself these four great questions:

1. How am I stronger for knowing him/her?
2. How you can grow from this experience?
3. How can I use this sadness to be better/make others better?
4. What do I want to **create** from this experience?

Asking questions distracts your mind and forces your brain to think about other things. Oh! And don't say "I don't know" ...think of an answer, then go **do** the answer.