

Balancing Work & Family during the Holidays: Is It Possible?

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Holidays are a hectic time for most of us. Previous schedules are turned upside down; additional time is spent on holiday planning and activities. Do you often find yourself exhausted from attempting to deal with all this rush? Not to mention trying to maintain your health, spend quality time with family and friends, and build your career or business during these hectic times? Do you wonder how you will balance all of it?

You must ask yourself what balance means to you. Balance suggests that there is a place for everything in your life. With all of your responsibilities, balance may always seem like a juggling act. If you're constantly juggling, then everything is literally up in the air and you're struggling to catch everything before they fall by flinging something else up in the air. Juggling leaves you stressed. Balancing

leaves you clarifying your values and priorities. Examine your beliefs and vision of your truly authentic life. Are your life's actions reflecting those beliefs and vision? Are you juggling or balancing? Are you ready to let go of the beliefs that are limiting your success? Are you ready to create a life that keeps you moving in the direction you want to be going?

Relax! It all may take extra effort and planning, but by maintaining true balance, your life will be more congruent with your values and beliefs. After all you are more valuable to everyone if you lead a balanced, less stressful, and healthy life. So go ahead, have a happy and healthy holiday!

Denise is available for telephone, in-person and on-site coaching, consulting or training for individuals, groups, and business organizations. She has a variety of



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Tips to Keep Your Life in Balance

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Accept that you have limited time. Free yourself from feeling obligated and/or guilty about all the other things. Empower yourself by making conscious choices about what you're going to do, as opposed to allowing circumstances to control your actions.

Power plan. Determine what you want to accomplish by the end of the year, then consider what you need to do each month, and then each day to get you there.

Stop wasting time; start saving it. Keep work handy, so you can take care of some important tasks during any wait time.

Start prioritizing, delegating and asking for help. Use the word "no" more often than yes. Are you a perfectionist to a fault? Do you want to spend unnecessary time perfecting something that won't make a difference to your business or personal life?

Lighten your load. Maybe think twice about looking for new clients or starting a new project. Concentrate on the clients and projects that are already supporting your business, so you will meet all your deadlines.

Make time for health and wellness. Take short breaks to reduce stress. Stay energized by including exercise, even if it's as little as ten minutes a day. Keep

healthy food on hand. Get plenty of sleep. Avoid too much coffee, cigarettes, sweets, simple carbohydrates, and processed foods that will zap your energy and compromise your immune system.

Leave room for quality personal time. Make dinner with your family quality time. Don't answer the phone. Spend this time eating and enjoy a great conversation. You may find that quality works better than quantity. Carve out couple time, friend time, and you time. Schedule these times just as you would an important meeting or appointment.