

THRIVE EVEN IN CHAOS

Yes, the year-end gets busy! That does not mean that we must feel stressed, tired or overwhelmed. Here are some useful tips to feel more calm and in control during any year-end celebrations (aka chaos).

1. Commit to you

During busy times, we often prioritise ourselves last. So make a little commitment to prioritise you. Do something for yourself each day (i.e. 10-min walk, go to bed earlier, meditate for 5 minutes).

2. Can money solve the problem?

We often want to do it all. Many of us are busy preparing parties, cooking, attending gatherings, entertaining and so forth. If you are starting to feel overwhelmed, ask yourself, "how can I delegate or outsource?". Can you get a supplier or freelancer to help with things like food-prep, cleaning, catering, gardening, decorating or even home organising? Remember, your mental health is priceless.

3. Trash the white lies, please.

Telling white lies is an easy trap to fall into when things are busy. We don't want to hurt another's feelings and so make up little white lies like why we can't attend a party or why something was not done. As much as this is convenient, it means that you did not practice integrity. You have to remember a lie, you have to keep the lie up and you did not speak your truth. This can sap energy from you. We are wired to want to feel like good people and this can make us feel contrary to that, adding to unnecessary stress.

4. Remember your REAL reasons.

When we get stressed, we forget why we started something in the first place. So, notice your true purposes and focus on that instead. For example, instead of thinking, "Why do I keep cooking every year?", remember "I am doing this because I love having the family over". Then you will know what really matters. We get caught up in the details, look at the bigger picture instead.

5. Ask yourself, are my expectations realistic?

What are some things that you secretly want and expect? How will you feel if these things go wrong? Most people want to throw the perfect party or look perfect for a gathering or want kids behaving really well. It is more realistic to find moments of calm, instances of deep connection and moments of joy rather than expecting perfection throughout. So reflect on your expectations and keep them real.