



Hello and welcome to Novembers Newsletter.

Thursday evening was a great Clinic! It was good to watch you all interacting and I could see some real changes in people throughout the evening. Thank-you all for making the last Clinic of 2007 such a brilliant one!! It was also a special Clinic because I did my first bit of group coaching, which I must say felt great! Thanks I an, I'll be hogging more time up there next time!!

Here are some reminders of the evening:

- People don't like rules, "you must", "you have to", "you've got to" – if you say "I want to" or "I want you to" it makes it a lot easier.
- Learn how to say NO!
- You've not done it wrong, you've done it your way.
- I'm not perfect but I am 99.9% me!

If you would like to go through any of these with me, please get in touch!  
Below are the "10 Tips for a Stress Free Christmas":

1. Learn to Go with the Flow  
Note what triggers your anxiety and think of a solution in advance. For example if particular relatives coming to lunch make you stressed, 'dilute' their effect by inviting a couple more friendly people along. Practice visualising positive outcomes.
2. Plan ahead and delegate  
Don't keep Christmas in your head. Get it down on paper. Buy a beautiful notebook and use it to record everything from seating plans and present ideas to the number of your taxi company and babysitter.

Also write down your list of things to do, then strike through the tasks that are neither urgent nor essential. Look at what's left and see what you could delegate, eg give someone responsibility for buying and putting up decorations. Your 'to do' list will instantly shrink.

3. **Presents without shops**  
Don't bother with heaving high streets. Buy your presents on the internet or through catalogues instead and do it all in one day as this helps focus the mind. Buy presents as early as possible. And stock up in the January sales for next Christmas.
4. **The easy way to write cards**  
Tackle this time-consuming task a little at a time. Write out your Christmas card list. Then keep a stack of cards and stamps handy on a table and every night sit down to write out a few.
5. **Have a cut off point**  
Decide now when you will stop preparing and start enjoying. Christmas Eve is a good time to put your feet up and admire your handiwork. If you work towards a goal, you are more likely to stick to it.
6. **Learn from past experience**  
Rather than shudder and shrink from bad memories of Christmas past, revisit your memories and learn from the experiences.
7. **Practice internal aerobics**  
Stress makes your heart beat faster and your breathing shallow. Reverse that process with deep breathing. Breathe in for four counts through your mouth then out for five through your nose. Or try some hearty carol singing for an instant way to fill your lungs.
8. **Go for a walk**  
When you're stressed, exercise is an immediate tonic. Go for a walk or a bike ride. This will burn off stress hormones like cortisol and adrenaline and release mood-enhancing endorphins.
9. **Make a memory**  
Do you remember what you got for Christmas two years ago? Probably not. But you will cherish the memories that you have of

times with your family and friends forever. So arrange to do something a bit out of the ordinary. Get up early to see the sun rise. Try flying a kite. Or hire costumes from a costume shop for the kids. You will raise everyone's endorphin levels and they will still be talking about it next year.

10. Nobody's Perfect

Ian Banyard from The Confidence Clinic says: "Aim for a happy Christmas, not a perfect one.

So on that note I want wish you all a very merry Christmas and a Happy New Year. Please keep in touch over the festive period to let me know how you're doing! And I look forward to seeing you all in the new year!!

Thank- you for reading

Caroline x