



Let Go of Stress and Enjoy the Magic of the Holidays

Feeling joy is such a glorious experience. It can bring you to a place of gratitude for what you have and open you up to the wonder and delight of life's possibilities. Are you feeling the joy of the holiday season?

I'm all about joy, especially during the holidays. I love the spirit of the season — the colors, the lights, the sparkle. You can see the joy of the season in kids' smiles. Let's share the magic!

Stress Steals the Holiday Magic

Unfortunately, the holiday season isn't only filled with magic. This is an extra stressful time for most of us. And this year the stress level is exceptionally high. The COVID-19 pandemic doesn't seem to be going away, which really messes with our plans for holiday celebrations, travel, and family visits. We are all feeling "decision fatigue" and an overall loss of vitality. Too much computer time, not enough sleep, disrupted routines — the list goes on and on.

Stress can reduce your quality of life, and it can impact your relationships. It's understandable if you're having trouble expressing your emotions and feeling overwhelmed. If it's tough to be positive, that will show up in how you are with people, whether in person or virtually. Maybe that's why it can be so tricky during the holidays to be with your loved ones. Stress makes family dynamics even more challenging.

Be Mindful of What's in Your Heart

No matter how hard an experience may be, honestly expressing your emotions not only relieves your mental pressure valve, it also helps your body. Biting your tongue could cause a clenched, tight jaw. Holding your breath can cause tightness in your chest and a constricted respiratory system. Swallowing your words can create digestive issues, like a sour stomach. These familiar expressions show how much the body can be affected by not sharing what is on your mind. When you share what is in your heart, you and your body will be happier, healthier and feel more joy.



You Can Choose to Enjoy Yourself

You don't have to let that runaway train of stress crush your joy. Instead, try approaching the holidays mindfully and purposefully. You can choose to do things differently this season. Acknowledging how you're feeling is the first step to reducing your anxiety and tension from stress. Fortunately, it is possible for you to prepare for the added stress coming your way by practicing nurturing self-care.

Self-Care Acupressure Technique to Relieve Stress

Relax, the relief you want is possible right now! In the last issue of RHG Magazine, I shared an acupressure technique to help you release blocked energy and calm your nerves. Acupressure is a wellness method that has been around for centuries. Simply by applying gentle touch to specific points along energy meridians in the body, you can support yourself to feel better.

Here is a technique that you can use throughout the day to help you express your feelings more easily and reduce the buildup of stress. With your right hand, gently cup the sternum directly below the collarbone. At the

same time, hold your fingers in a vertical pattern on your tummy, just below your navel. Now, breathe in deeply and exhale fully. Take your time. Hold this acupressure pose while you take a few slow breaths.

Notice how your breath naturally opens up. Your throat softens, your jaw slackens, and your facial muscles relax. This simple technique can help balance your emotions and help you speak your truth. It's an easy way you can be proactive and take control of your own well-being. I encourage you to take advantage of this self-care practice that is always "at your fingertips."

Shine in the Magic of You!

Your body is a magical, energetic being. Help the energy flow, and your body will easily create a sense of well-being, bring a positive state of mind, and experience peacefulness and calm. In that space, your relationships will be smoother, life will be calmer, and you will be able to feel the joy of being alive.

Please reach out to me if you have any questions or need help fine-tuning your acupressure technique. Cheers to a joyful holiday season!



A certified Acupressurist and Jin Shin Jyutsu practitioner, Deborah Myers helps you relieve pain, balance emotions, and increase vitality through private sessions, group classes, and workplace wellness workshops. She has created a self-help animated video program for kids to use at home and in schools, and Deborah's Productive Mindfulness School Program is making a difference for students, teachers, and parents! You can find her at: www.deborahmyerswellness.com.

Get out of Pain

gain ease



Deborah Myers Wellness



Acupressure for kids and grown-ups

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