

## Holiday Health

dede dancing, LMT

December 2010

Of course, like every thing else, “healthy holidays” is going to mean different things to different people. Some will get irritated because I use the word “holidays” rather than “Christmas”. I just want to be respectful and inclusive of all who celebrate holidays at this time of year.

I encourage you to make a little time (at least 15 minutes) every day this month to spend alone in a comfortable spot with no input beyond what’s in your own mind and heart. Contemplate what this holiday season means to you, and what you want to do about it. Resting with those two questions will likely lead to a rich collage of past and present thoughts and feelings.

If what you *want* to think and do are quite different from what you *actually* think and do you will naturally feel scattered and stressed. Some of your thoughts will be funny. Some will be sad. Laughing and crying are excellent stress reducers—do it.

Bring something to write with and on. Sometimes writing will help unjumble the mishmash of thoughts and feelings that come rushing to the foreground when you give them a chance. Things you want to do may occur to you, and writing them down will allow you to move on in your thoughts.

You might feel bored or restless in your first few sessions. That is natural too if you are unaccustomed to being alone with your thoughts—and will change as you continue to honor your commitment in spite of the discomfort.

Leave at least 3-5 minutes at the end of your time to stretch out horizontal on the floor, a mat, or a bed. Roll side to side. Move your body in unaccustomed ways. Breathe. Release.

I hope this will lead you to feel centered and strong—confident and at ease with your choices for the holidays, making room for joyful possibilities.

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