

The Christmas Gift We Give Ourselves

As the end of the year draws near, it is interesting to notice the reactions that people are having to the Christmas season. Some are talking in amazement about how quickly the year has flown by, others are saying how much they dislike the whole coming season, and many are just overwhelmed with the pressure to be even busier than usual and wondering how they will ever get everything done in time.

Val McCrae, counsellor and life coach says that Christmas does seem to have quite an effect on the way that people feel about themselves – and life in general. “People who live alone” says Val “often dread a time of loneliness when it seems that everyone in the world has someone to celebrate with - except them. Yet those with large families sometimes dread the conflicts that may arise, despite the message of ‘Good will to all’.”

Sometimes, the commercialism and the expectations of the season, send us into a spiraling whirlwind of activity and exhaustion. How much we spend, and what we eat and drink seem our main focus. It seems quite rare for us to just enjoy the time to rest and appreciate the more positive aspects of this special time.

Perhaps, then, we can try to make this Christmas different. We might use the end of the year as a time to reflect on our own journey in 2004. We may ask ourselves what we loved most, what was the most difficult thing for us this year, what we learned and what we could have done differently. If we discover that there is an area of our lives that needs more attention in the New Year, we may resolve to get the help we need to make it the best year ever. Then, perhaps we will be able to let go of the ups and downs of our year - and settle back to enjoy a Christmas that has special meaning to us and our loved ones.

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