

## Lighten Your Holiday Plate

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More than any other time of year we add to our To Do lists. It has been said that on average women add an extra 60 activities to their lists. Many of those items are *I should do's*--a sure way to add distress to body, mind and soul. This week I caught myself saying to myself "You should" as two women I admire showed off their Christmas cookie baking.

I don't remember the last year I did the decorative cookie scene other than wrap my children's favorite *Christmas fridge cookies* in waxed paper. Here's a time and energy tally for a typical holiday To Do list. By all means decide on your own output allotment:

Item	Time/Energy
• Decorate home—buy or pull out items and display	10
• Buy, put up and decorate tree. Extra points for chopping it down	10
• Christmas cookies and goodies. Extra points for shortbread	10
• A special day with children to create a customized Ginger Bread House	15
• Send out greetings. Extra points for hand made and/or personalized notes	15
• Attend seasonal concerts and services	5
• Attend parties. Extra point for taking personal gift and wearing new outfit	5
• Throw a party. Extra points if you clean first	20
• Shop, purchase and wrap gifts for family and friends. Extra points for remembering your hairdresser, postal carrier and garbage collector	25
• Volunteer for a special holiday event for the needy or a good cause	10
• Prepare December 24 or 25 meal. Extra points for cleaning first and keeping an eye on drunken Uncle Harry	20
• Take food and cheer to those isolated in your community	5
• Phone your long distance relatives to wish them well. Extra points if you include relatives you really don't like.	10
<b>Afterwards:</b>	
• Clean the house	10
• Make soup. Extra points if you use the whole carcass	5

- Go bravely into Boxing Day madness. Extra points if you go with children 25
- Arrange New Years Day celebrations 15
- Take down the decorations and tree and clean the house again 15

Your Total \_\_\_\_\_

**Option One:** Have a nervous breakdown at any point

**Option Two:** Be resilient: Take something off the plate by not doing it, taking short cuts like buying the plum pudding, delegating it or paying or praying for it to be done.

**PS:** If you'd like the recipe for easy to make, wrap in wax paper fridge cookies email me and I'll gladly send it to you. Happy Holidays!

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