

Holiday Stressors

Your Coherent Minute

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In Cooperation with the HeartMath Institute
December 18, 2017

The holiday season is a time to enjoy family and friends. There is a sense of peace and joy in the world. The smell of cookies, cakes and pies fill the air. But along with all the holiday cheer comes all the emotion, energy, and, at times, the misery that accompanies all of the things we need to accomplish. There is the shopping, the cooking, the planning, the

You can manage those stressors and it's easier and simpler than you think. It's your breathing; your ability to regulate your breathing can bring about extraordinary physiological changes for you.

Taken from the health section of US News and World Report, this excerpt echoes what we talked about in the symposium.



“As a resilient leader, how will you support your staff, your friends, your family members and the people around you?”

hosting, the gift wrapping, gift getting, gift giving, and the well wishes.

Entrepreneur magazine reported on a Healthline survey that measured holiday stress. The survey confirms almost everyone is stressed around the holidays, and the greatest causes of stress are reported in the upper right corner of this page. (2015)

If you can relate to some of these stresses, have no fear, a solution is simply a “breath” away.

Contributor Diana Robinson writes about the body's own self-regulation system.

“To counter all that activity, your body has a counter-system that slams on the brakes. Stress is the gas, relaxation is the brakes, both of them directly tied to the chemicals coursing through our veins and the electrical signals transmitting from our brains.

Just like the threat triggered a chemical release, relaxation triggers automatic systems that counteract the hormones and

Learn more:

5 Tools to Fight Holiday Stress

by Diane Robinson

<https://health.usnews.com/health-care/better/articles/2016-11-22/5-tools-to-fight-holiday-stress>

and bring your body back into balance. And just as you can use mental stress to physically motivate you, you can use your physical body to calm your mind.

Just breathe.” (Robinson 2016)

Breathing IS our natural mechanism, just like HeartMath’s Heart-Focused Breathing techniques. To understand the role of breathing in today’s society, I’ve included the link to Max Strom’s Ted Talk entitled “Breathe to Heal.” [18:28] At the end, he introduces the 4-7-8 breath technique.

<https://www.youtube.com/watch?v=4Lb5L-VEm34>

As a resilient leader, how will you support your staff, your friends, your family members and the people around you? I hope that during this holiday season, while you are in a personal Heart Lock-In®, you will send out waves of heart-felt appreciation, gratitude and love. As resilient leaders, we at times struggle to determine what would be appropriate to say or do before a holiday break. I suggest you use the Freeze Frame® technique and ask yourself that very question. In that quiet, heart-filled space, ask

what would be the appropriate response and listen to what resonates within the heart. Trust what the heart is telling you. That is exactly what I did when trying to decide how to close this newsletter and what gifts I’m giving you. So, in closing, I’m leaving you with two poems (below).

May you have a restful and joyous holiday season.

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POEM 1

THE BALLAD OF BEFANA - by Phyllis McGinley

Befana the Housewife, scrubbing her pane,
Saw three old sages ride down the lane,
Saw three gray travelers pass her door -
Gaspar, Balthazar, Melchior.
"Where journey you, sirs?" she asked of them.
Balthazar answered, "To Bethlehem,
For we have news of a marvelous thing.
Born in a stable is Christ the King."
"Give Him my welcome!"
Then Gaspar smiled,
"Come with us, mistress, to greet the Child."
"Oh, happily, happily would I fare,
Were my dusting through and I'd polished the stair."
Old Melchior leaned on his saddle horn.
"Then send but a gift to the small Newborn."
"Oh, gladly, gladly I'd send Him one,
Were the hearthstone swept and my weaving done.
"As soon as ever I've baked my bread,
I'll fetch Him a pillow for His head,
And a coverlet too," Befana said.
"When the rooms are aired and the linen dry,
I'll look at the Babe."
But the Three rode by.
She worked for a day and a night and a day,
Then, gifts in her hands, took up her way.
But she never could find where the Christ Child lay.
And still she wanders at Christmastide,
Houseless, whose house was all her pride,
Whose heart was tardy, whose gifts were late;
Wanders, and knocks at every gate,
Crying, "Good people, the bells begin!
Put off your toiling and let love in."

POEM 2

You may want to share with staff or friends on your return in the New Year. Remember you control the attitude and energy of your classroom, office, and/or school. What do you want to feed the field?

New Year Poem Author: Catherine Pulsifer

H appiness depends upon your outlook on life. - Find the good in all situations

A ttitude is just as important as ability.- Keep your attitude positive

P assion find yours this year! - Do what you love and you will never work

P ositive thoughts make everything easier.- Stay focused and stay positive

Y ou are unique, with special gifts, use them. - Never forget you have talent

N ew beginnings with a new year.

E nthusiasm a true secret of success.

W ishes may they turn into goals.

Y ears go by to quickly, enjoy them.- Wisdom from your elders, listen

E nergy may you have lots of it. - Take care of yourself

A ppreciation of life, don't take it for granted. - Live each day

R elax take the time to relax in this coming year.- Keep a balance in your life

<http://www.wow4u.com/happyny/>

References

Survey Confirms: Almost Everyone is Stressed Around the Holidays, Entrepreneur, December 17th 2015 Retrieve from <https://www.entrepreneur.com/article/253953>

Diane Robinson, 2106, **5 Tools to Fight Holiday Stress**, US News and World Report, Nov. 22,. Retrieved From <https://health.usnews.com/health-care/for-better/articles/2016-11-22/5-tools-to-fight-holiday-stress>