

ADVERTISING FEATURE

SIGHTS & SOUNDS of Christmas

DAYS REMAINING 31

# Make this holiday season fun and relaxing

Break large tasks into small, manageable ones and schedule time just for yourself

"I'll never be ready for Christmas. It's such a hassle. I'll be glad when it's over."

If that sounds like you, stop and take charge of the holiday season right now. You can — and should — do something if you feel there's more hurry than holiday in your life.

Imagine what the holiday would be like if it were fun and relaxing. Who would you see and what would you be doing? Would there be more social events or less? How much would you be eating and drinking? Would you want to attend religious services or take personal time for reflection and meditation? Would music be important to you? Or would you like to spend more time outdoors in the natural beauty of winter? Let your imagination wander until you've found the mix of elements that would make the ideal holiday for you.



PHOTO/NC

Leave some unscheduled time for activities that are unrelated to Christmas.

Once you have created your vision, compare it with your present situation. What's on your calendar? Check or write in dates that are firm — such as deadlines for social events, parties and family get-togethers. Then plan around them, and keep your mind free for other things.

Decide if you like the mix of activities on your calendar. Is there a reasonable balance between those activities you feel you have to do and those you feel you should do and those you want to do? Each type of activity has its own rewards but a balance between them tends to be more emotionally satisfying.

If you feel too busy overall, check out your ability to say to yourself or others a simple, but firm, "no thank you. I won't be able to do that."

Setting a few limits reduces the sense of pressure that builds from too many overloaded days in a row.

Leave some unscheduled times throughout the holiday for spontaneous activities like playing with the dog, reading a book or soaking in the tub.

Enjoying spontaneous activities that occur in the moment is an excellent way to break out of feeling of being pressured.

Break big jobs into a series of smaller ones. Christmas shopping is a good example. Know how big the job is and your shopping options. How many gifts? What might they be? Can they be ordered by phone or

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mail? What will you spend?

Avoid time traps on shopping trips. Wandering aimlessly in a mall or searching endlessly for the perfect gift is needlessly exhausting. Several shorter trips, each requiring only two or three decisions is much more productive.

Remember the easy things — lists, change for parking and time for tea. Then check back on the holiday you imagined at the beginning. How are you doing? Make this year one that is really good for you.

This article was submitted by The Registered Nurses Association of Ontario.

## Learn to say Merry Christmas and a Happy New Year to people from across the world

English-speaking people say Merry Christmas and a Happy New Year to friends and family to wish them good cheer.

Why not bring a smile to a loved one's face and show off how well-versed you are by wishing them Christmas greetings in a foreign language.

The following is how to say Merry Christmas and a Happy New Year in many other languages:

- Arabic — I'd Millaad Said ous Sana Saida
- Brazilian — Boas Festas e Feliz Ano Novo
- Cantonese — Seng Dan Far Lok Sang Nian Far Lok
- Cornish — Nadellik I Joan na loan blethen noweth
- Egyptian — Gola sana wintom tebeen
- French — Joyeux Noel et Bonne Annee
- Gaelic — Nollaig and theil na

- Bliadhna mhath ur
- Hawaiian — Mele Kalikimaka & Hauoli Makahiki Hou
- Hebrew — Mo adim Lesimkha Shana Tova
- Italian — Buon Natale e Felice Anno Nuovo
- Japanese — Shinnen omedeto, Kurisumasu Omedeto
- Macedonian — Streken Bozhik
- Navajo — Merry Keshmish
- Polish — Wesolych Swiat Bozego Narodzenia
- Serbian — Hristos se rodi
- Spanish — Feliz Navidad y Propeto Ano Nuevo
- Swedish — God Jul och Gott Nytt Ar
- Vietnamese — Chuc Mung Giang Sinh Chuc Mung Tan Nien
- Welsh — Nadolig Llawn a Blwyddyn Newydd Dda
- Yugoslavian — Cestitamo Bozic

### ANNOUNCEMENT

## Breakfast is served!



Santa arrived at Markville Shopping Centre last Saturday morning. On hand to help serve up the pancake breakfast was Deputy Mayor Frank Scarpitti. Also pictured here are his family from L-R: Daniel, Alessandra, Michael and Nancy. Donations from the breakfast went to support the United Way.

Photo by Lex Abernethy

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