

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Holiday Expectations

By Rexanne Mancini

Holiday Expectations by Rexanne Mancini

As the holidays approach, I find myself wondering how I'm going to accomplish all I expect of myself. I expect to have perfect presents under the tree for an astounding number of people who will be visiting from out of town, besides the usual round of gifts for my children, immediate family, close friends and significant others, such as teachers, school staff, hair dresser, manicurist, etc. Added to the gift buying frenzy are countless trips to the grocery and food specialty stores for the feasts I expect to prepare, again for countless people I am expected to entertain during these holidays.

What's one person to do when it becomes overwhelming and seems there's never going to be enough time, resources or energy to cope? Well, I'm not sure I have the answer. What I'm thinking of doing is escaping to an undisclosed location to save my sanity, health and well-being. Naturally, this isn't an option ... I hold the holidays too dear and my daughters have come to expect huge fanfare on these special days. I have set up their expectations of me, just as I have set up the expectations of myself that I might not be able to pull off this year due to an unstable health condition and the subsequent lack of mobility I've been accustomed to in years past. Mostly, I just want to be able to get it all done, as I have every other year, which is no longer an option so I am left to ponder my upcoming fate with the dread of not performing or of falling short.

I suspect the "expectations" will somehow be met, only because I couldn't bear to let my children down during the most important season for meeting expectations. And I have set myself up for all of this, gladly, willingly, never expecting anything as mundane as "ill health" to interfere with our rituals and festivities. Never mind that this health condition was caused primarily by trying to cram five weeks worth of expectations into a ten day period when I over-booked myself with work, volunteering at my children's schools at the same time I was expected to take care of many other obligations and promises to family and friends. I think the lesson here is to relinquish the expectations of myself and scale down to a more manageable holiday routine, like it or not.

Alas, there will come a time when we parents are no longer able to perform the myriad duties and routines we've created for our families, for any number of reasons, and we will need to give up control of making sure everyone's holiday expectations are met. This could come in the form of a health crisis,

Holiday Expectations

monetary crisis, time–crunch crisis ... take your pick. This is the time to delegate the responsibility of the be–all, do–all parent and shift our focus to relishing our time with family and friends more so than relishing the accomplishments of others and our expectations of us. We are in the midst of a joyous and sacred time of year when our hearts and minds should be filled with love and good will, not with a frenzy of get–it–done anxiety.

I wish you all joyful holiday season, filled with love and happiness. Give yourselves a break and allow one or more of the details to slip by if need be. Being there for your family in sound mind, body and spirit is ultimately more important.

Rexanne Mancini is the mother of two daughters. She maintains an extensive yet informal parenting and family web site, Rexanne.com - <http://www.rexanne.com> –Visit her site for good advice, award–winning Internet holiday pages and some humor to help you cope. Subscribe to her free newsletter, Rexanne's Web Review, for a monthly dose of Rexanne: <http://www.rexanne.com/rwr–archives.html>

Holiday Party Planning

By Mrs. Party Gail Leino

Holiday Party Planning by

... Gail Leino

Holiday Party Planning

'Tis the season to have a party and invite all your family and friends to celebrate the holidays with you. Have a family day and decorate the entire house with

. Your family will enjoy how festive the home is before and after the holiday

party.

When decorating, make sure you have all the party supplies that you will need before the actual party day. Plan out the food and drinks you will be serving. Make a list of everything you need to purchase to help get you ready. If you are preparing any new dishes or appetizers, try them out in advance on your family and neighbors. You want to have all the quirks of any new recipes worked out before your party. It is a nice idea to give each of your guests

as a token of your appreciation

for them attending your party. Choosing the perfect favors for your party can be a way to cleverly tie in the

Holiday Expectations

with your own individual touch.

Bring a festive holiday party atmosphere to your party with

and lights. For the

music, select a few of your favorite holiday albums to play so you can have some variety. It is fun to gather your guests together to sing old favorites. For the lighting, you can string lights on both the inside and outside of your home. You can also cluster some holiday scented candles together for a dramatic lighting effect.

Have the smell of holiday cheer in the air. Simmer cinnamon sticks on the stove to provide the holiday scent. These provide a pleasant holiday aroma to your home. Plan some

that will excite and engage all of your guests. You can have fun holiday party

prizes for the winners of the games.

Mrs. Party... Gail Leino is the internet's leading authority on giving the best possible

, using proper

etiquette and manners while also teaching organizational skills and fun facts.

Holiday Party Planning

Online Holiday Shopping Sales Meet Record Breaking Expectations

Christmas Expectations

How Can You Deal With Your Holiday Stress?

Bust Holiday Stress

Palmistry

The Big Book Of Cookie Recipes

The Classified List

Brew Your Own Beer

Recipes from the Heartland



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!