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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Holidays of Sadness

By Brigitte Synesael

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When you have lost someone very dear to you, the most difficult obstacle to cross is getting through the holidays. Surviving the days where everyone around you is celebrating and spreading good cheer, while your mind is filled with memories and your heart is heavy with loneliness. It's difficult just making it through what used to be the happiest days that were once shared with a soul mate, and today carries only emptiness. The greatest challenge is to remain in the company of others who love you, when you really want to be alone with your sadness.

It makes no difference whether the loss took place last week, several months ago, or even last year. The holidays always send those deep emotions flooding right to the surface.

Just as how you deal with grief is personal and individual, so is the way you handle the holidays. Remember to be true to yourself, and don't take on too much responsibility. Let people know that your plans may be subject to change, and you can't make long term commitments just yet. Be honest with yourself and with your friends and family about how you're feeling.

Some people find it best to start new traditions, because the past ones hold memories too difficult to deal with. Talk with your family about setting expectations. Plan together any modifications you will all make to the "normal" holiday festivities. You may want to have a church service dedicated to the memory of your loved one. Or make an annual donation in his/her name. Perhaps join the Hospice Tree Lighting ceremony. Bring joy to another child by purchasing a special toy for the Angel Tree in memory of your child.

It's a great idea, for both you and your family, for you to write a letter to them asking for their understanding. There is a terrific example of this at the following Web Site:
<http://www.geocities.com/Heartland/Woods/4671/holidays.html>. I encourage you to take a look at it.

Be honest about how you're feeling, but when ever possible, try to include a positive twist into your thoughts. Instead of :

"I miss my beloved so much, there is no Christmas without him/her."

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try

"I do miss my beloved. Christmas will be different this year, but I will try to enjoy it."

Instead of:

"I HATE this time of year. I can't wait until it's over."

try

"This is a difficult time of year for me. But it does give me an opportunity to become closer to my family and friends."

Some people heal best by helping others. Try volunteering at an organization who help people with a greater need than yours. i.e. A soup kitchen, a homeless shelter, orphanages, etc. Often the best therapy is helping others. Aside from the obvious benefits of keeping your mind occupied and seeing

that there are others in worse situations than yourself, charity work gives you a tremendous feeling of fulfillment. It can give you a renewed sense of purpose, so important during times of sadness.

Above all else, give yourself permission to enjoy yourself, to laugh, and to find peace. Each of these things are part of healing. Your life will never be the same, but it will go on, and it can still be good. I want you to close your eyes for just a moment. Bring into the room with you the clearest image of the person that you have lost. Now say "I love you and I miss you. You will always be in my heart. I need to know... is it okay for me to be happy again?"

Now, imagine the answer that you receive. If you remember your loved one in their true light, I'm confident the answer will be YES.

Find peace over the holidays, and be good to you.

Sources that may be helpful:

<http://www.nfda.org/resources/grief/1998/blues.html>

<http://dying.about.com/library/weekly/aa120899c.htm>

http://cincinnati.com/holiday99/handling_grief.html

<http://dying.about.com/library/weekly/aa122299c.htm>

<http://www.geocities.com/Heartland/Woods/4671/holidays.html>

<http://www.kirstimd.com/blues.htm>

Brigitte Synesael is recognized as an authority on Alternative Medicine Information. A published author, her latest release "You've Got Nothing To Lose But POUNDS!" was inspired by outrage at society taking advantage of a frustrated, overweight population. This well researched ebook gives more than 10 reasons that could be responsible for your weight problem besides overeating. This book is available at <http://www.diets-dont-work.com>

It is that time of year again...

By Dove

It is that time of year again... by Dove

It is that time of year again, and the holidays are right around the corner. There is that sweater that you have to get for Dad, the special scarf for Aunt Martha, cookies to bake, lights need to be put up, decorate the tree, office Christmas party, so many things to do and so little time.

This is such a wonderful, joyous time of year for most people, but there are still those that find this the most lonely and depressing season of all. It is said that more suicides occur during the holidays due to depression and loneliness. Do you know of someone that is single and alone, no family to share the holidays? Invite them to share the holidays with you and your family, gather friends for dinner or a party. There are so many reasons for all of us to be thankful for at this time of year and above all we must remember what the season represents. It has become so commercialized in the last few decades that we forget that, YES, it is a time for celebration, but not of giving and receiving gifts; it is the celebration of the birth of Jesus Christ.

As the holidays rapidly approach, some find that loneliness and depression takes over their lives. STOP! No pity parties this year, do something for someone else, volunteer your time, go to your local homeless shelter and work the serving line, fulfill a needy child's Christmas wish, visit the elderly in a nursing home. The rewards and gratification you will receive from your outpouring will wash away the depression and the sadness you feel for you are giving of yourself unselfishly.

Here is a thought, look in your closet, is there a coat you don't wear anymore.....donate it, do you have some extra cash, a Christmas bonus maybe, donate to your local foodbank, be fruitful this season, share what you have and even what you don't have, for the greatest give of all is love, and whatever you do this season, you have love to give and to share, spread it near and far and watch as the angels shine down upon you and fill your heart with joy. YOU, can be the light in someone else's life this year and in turn you may find the light in yours. Sad and lonely as this time of year may be for some, remember, there are those that have far less than you, and the sadness that fills their lives is the lack of daily survival necessities. Give hilariously, laugh in the face of sadness for happiness and joy comes from sharing with others. Share your heart and your love and whatever else you can give, for whatever you give, you will get in return.

"We not only live among men, but there are airy hosts, blessed spectators, sympathetic lookers-on, that see and know and appreciate our thoughts and feelings and acts."

Henry Ward Beecher

Happy Holidays To All and may the blessings of the season fill your life, your heart and your home.

Dove is a columnist for www.cupidsblackbook.com She is 47 and lives in Oklahoma.



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