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**How to Beat the After-Christmas Blues**

**By Susan Dunn**

**How to Beat the After-Christmas Blues by Susan Dunn, MA, certified Emotional Intelligence**

**Coach**

Christmas is an emotional storm, and next comes Valentine's, so take a break. Move from emotion to thinking and action.

1. Start planning a Valentine's Party, or Martin Luther King Party. If you were running a day late and a dollar behind for Christmas, learn from it. Budget and start sooner, but have the fun of another "party" on the horizon. NB: Planning is a cerebral activity, i.e., neocortex.

2. Get active - add an extra hour to your daily workout. This creates physical energy, clears the mind, and flushes out toxic emotions. The less you feel like doing this, the more you need to. If you're an introvert, tai chi, yoga or meditation may work better.

3. Clean your house til it shines, and do the work yourself. This is a tradition for New Year's in many cultures, symbolic of getting rid of bad stuff and making room for new stuff. Buy a special floor cleaning product. Sweep toward the doors, or vacuum, then remove the bag and carry it out to the garbage. Out! Out! Clean the furniture with something like Murphy's oil, a soap and water-based product, not oil. Then clean the floors with the special cleaning product.

4. Clean the yard, shovel away dirty snow, clean the gutters, wash the windows, rake the leaves. It will be time to plant the daffodils and prune the roses before you know it.

5. Take a vacation. Go somewhere warm like a cruise to the Caribbean. The sun will do wonders for an attitude adjustment, as well as SAD (Seasonal Affective Disorder). At home, get outside more, sit in the sunlight in your house for half an hour a day.

6. Hunker down and last it out - read good books, curl up by the fire, sleep, don't fight it. It's a hibernating time anyway. Get massages. Take naps.

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7. Start a new intellectual project at work or at home. At home, start a new physical project – building a greenhouse or painting the guest bedroom. It will give everyone a lift. Focus on thinking and moving, not feeling.

8. Kickstart your brain by taking a new course. If you're an extravert, go to community ed classes. If you're an introvert, enjoy yourself online with distance learning courses and take teleclasses.

9. Change your diet dramatically. Do a juice fast, or something very cleansing and healthy within the constraints of your physical condition. Get that sugar and alcohol out of your system and replace it with vitamins and minerals. Don't forget your vitamin C. If you live in an area where it's peak allergy time (like Texas, USA), watch your diet - it's cumulative - the pollen PLUS what you eat PLUS the dust and mold in your house. Get your A/C ducts cleaned.

10. Get rid of "stuff." Grab a garbage bag and fill it with stuff. Put the bags in the garage or barn. Then clean the garage or barn, and get rid of it all. (Nice to donate to charity of course).

If you think you might be clinically depressed, please see your personal healthcare professional.

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### **What Do You Want This Year?**

**By Angie Dixon**

Christmas is all around us, and many people are making up wish lists. Those who aren't doing that are busy setting down their New Year's Resolutions already. But this is a good time to sit down and do some serious introspection.

What do you want from the holidays this year? Do you want to rush around, spend a lot of money you don't have, and yell at the kids for not playing with all twenty of the toys they asked for—at the same time? Is that really how you want to spend Christmas?

We talk about "Christmas spirit," and mostly we mean giving. Giving of ourselves, giving to people who need it. That's great, that's Christmas spirit.

But I think there's another aspect to "Christmas spirit." I think it's spiritual. And don't close your screen on me because I said spiritual. I didn't say religious, because it's not. I think it comes from our souls.

I think deep down, each of us has a spirit that wants to be expressed. And I think at Christmas, when we're naturally thinking of others, that spirit is more easily expressed. I think if you want to, you can

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have a spiritual Christmas. You can feel loving, caring, generous. You can feel like a kid at Christmas, just by opening up to your spirit.

So what do you want this year?

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

. For questions or

to discover how coaching can change your life, contact Angie at

.

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