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## News from Buoyant Life

**Dear Lauren,**

The end of the year and the holiday season seems to have snuck up on everyone I talk to. So many of us are anticipating special time with family and friends, as well as sometimes dreading the crowds, consumerism, and general craziness that seems to saturate the last weeks of the year.

My intention with this month's newsletter is to help you find ways of making the next four weeks as meaningful and peaceful as possible. There will be a special offer coming out in the next week or so to expand on this intention, so keep your eye out!

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. [✉ Forward to a Friend](#)

Wishing you success, balance and freedom every day!

Warmly,  
Lauren Still

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### Blog Log



Recent topics on my blog include:

## Managing the Holiday Madness

We all know the symptoms - internal pressure to find the "perfect" gift or make the "perfect" meal, a seemingly endless To Do list, overwhelm at the marketing machine bombarding us, frustration at added traffic and crowds wherever we go, maybe even some melancholy feelings during this season when we're supposed to be happy and jolly. It all adds up to... Holiday Madness!

But don't despair. While all of this can threaten to turn us into the Grinch, setting intentions for the holidays and keeping our perspective can help us enjoy this season for all the right reasons.

Here are ten tips to make the Holiday Madness turn into Holiday Delight:

1. **Tune in to what makes the holidays special for you.** One way to do this is to think back to your favorite childhood memory of this time of year. What were the best parts? Our fondest memories are rarely of the presents we received, so use this exercise to re-prioritize and keep perspective.
2. **Find one or two simple ways to capture that magic.** It might be making your grandmother's special cookies, or taking a drive with the family to look at the lights in the city, or sharing homemade goodies with your neighbors.
3. **Mitigate the biggest holiday challenge you have.** Do you despise wrapping that pile of gifts every year? Consider holding a present wrapping party with your friends, or buying gifts only at stores that have complimentary wrapping, or even hiring someone to wrap everything for you!
4. **Ask yourself what would make a beautiful memory,** rather than a present. Give the people around you the gift of memories - they'll last a lot longer!
5. **Challenge yourself to rethink the marketing machine.** Can you unplug from the consumerism and agree with your family to not give gifts? Or make charitable donations instead? Or make gifts for each other? (See my blog entry on this for more thoughts.)
6. **Take a day off and get everything organized.** Whether this is shopping, planning, cleaning the house, or anything else that is hanging over your head, if you can clear off the To Do list, you'll be that much more relaxed.
7. **Create meaningful traditions.** A few simple traditions that you can repeat year after year can mean more than you realize, and give a safe haven from all the running around, "things" and anxiety.
8. **Tap into your spirituality.** Whether the holiday season has religious meaning for you or not, even celebrating a secular holiday with a deep sense of the reason behind the celebration can ground us and make everything more enjoyable.

*Knit This!*

*Holiday Delight or  
Discontent?*

[Read on here...](#)

### Karma Corner

*Monthly featured business*

Are you or your child hooked on Dancing with the Stars? Need a new way to get yourself moving? Looking for a unique gift?

Check out the many options and great atmosphere of:

[Dance Institute](#)

### Quick Links

[Free Sample Session](#)

[Upcoming Workshops](#)

[Buoyant Life Homepage](#)

### Coaching Question

What intention do you want to set for this holiday season?

If you get stressed during this time of year, how can you create 5 minutes of Peace for yourself each day?

9. **Create extra patience.** Decide that you will leave 5-10 minutes early from now until the end of the year so when some jerk cuts you off or steals your parking space, you can shrug it off and keep your cool.
10. **Find one way you like to relax and work it into your schedule.** This may mean to you: keeping up your exercise routine, making time for baths with special bath salts, booking a massage or something else "zen."

Have a delightful holiday season!

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

## Give the Gift of Coaching

Are you looking for a special gift? A holiday offering that won't just sit on someone's shelf? Something for the person who has "everything"? A gift that truly keeps on giving?



Why not give that special someone the gift of being heard, of having an objective partner to talk through things, of setting clear and meaningful goals for their career or their life?

[Contact Lauren and give the gift of coaching! Options for everyone's budget!](#)

## Events

### **Remodeling Mom Workshop - next offered in January 2008**

As parents we get caught up in our kids' lives and all the things we do for our families. But every once in a while we need to slow down and take a good look at what we're spending our time and energy on, compare that to our real priorities and values, and "remodel" our lives to take care of what is truly important. [Find out more...](#)

### **Parenting with Intention Workshop - next offered in February 2008**

Parenting is the most important job you'll ever do - so how will you know that you've succeeded? This workshop helps you clarify what parenting success means to you, what values and attitudes you hope your children will embrace, and everyday strategies for modeling and supporting those goals. [Find out more...](#)

**Special Offer: [Bring a Friend](#) to an event and save 20%! [Find out more...](#)**

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