
Healing Trauma Holiday Newsletter

How to care for yourself and your parts during the holidays: IDEAS

* Save some time for play

Let your parts do whatever they like, be it playing board games with family, painting on your own, or being silly with a friend

* Nourish your body

With mindful movement, healthy food, rest, and things that are healthy and pleasant

*Set and maintain good boundaries

Say "No" when asked to do something that stretches you too thin

*Remember that holidays don't have to be perfect

It is OK to limit, prioritize, put your needs first, say no to your children even if "the Joneses" are doing it all.

* If everything else fails, give yourself grace and compassion

We all make mistakes and get into tight stressful spots at times. And, we all have SELF that is compassionate, curious, creative, and wise, when not hidden under the layers of stress and pain. It means that we all deserve love and compassion and yet another chance.

From my Self to yours with Love,

Dr. Irina Diyankova

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I wish you a peaceful holiday season that is supportive of your healing journey.

December is a month rich in different holiday celebrations that come to us from various cultural, spiritual, and religious traditions. Whether you celebrate Christmas, Hanukkah, Kwanzaa, Winter Solstice, New Year's or something else, I wish you a peaceful holiday season that is supportive of your healing journey.

I would like to remind all of us that as stressful as holidays can be, they can also be a time for rejuvenation and celebration if we make choices that are supportive of that.

If you did not feel constrained by how others around you are celebrating or by how your family have celebrated in the past, what would YOU DO to honor Holiday Spirit?

What moves your soul? What nourishes your body? What makes you feel deeper connections to the communities of your choice? Giving yourself just a few minutes to reflect and journal about those questions may open some new spaces and ideas, as you are moving through this Holiday Season. We can always look at the other traditions and families and people that differ from us to see how they celebrate and perhaps bring a new spark into our own traditions.

End of the year creates an excellent opportunity for each and every one of us to release and let go of what is not working anymore, as well as bring and try new things, ideas, behaviors.

This year I am releasing a need to buy a present for every person I know and instead I am sharing my presence and my own holiday spirit. This December I am working on expanding my joy and gratitude related to small everyday things, like a purr of my cat or a smile from my husband.

If you need more support in dealing with the stress of the holidays, please, see my newest blog post at:

<http://healingt.blogspot.com/>