

The Giving Season

by Laurie Wondra

It might seem that as temperatures drop, stress levels rise. According to two-thirds of those polled by Friends Life, a UK-based organization, winter is the most stress-inducing season. September was indicated as the least stressful month of the year and December the most stressful.

David Williams, director of group protection at Friends Life, who did the research, states, "The seasons can affect staff mood levels quite considerably and it is important that employers are aware of this."

Deborah Jeff, head of Family Law at the west end law firm, Seddons, London, UK, that conducted another research study on couples, explains, "Although December can be a wonderful time for many families, it can also be a time of stress and strain for others. If a relationship is already suffering due to poor communication or lack of time for each other, this will heighten during a month when we are busy focusing our attentions on keeping other people happy such as extended family and friends. January is a time when we see a significant increase in the number of clients consulting us for advice about divorce and separation."

Not everyone experiences stress during this time, but for those who do, why at a time that is advertised as the season of joy, giving, celebrations and social gatherings? It's a "season", a temporary shift in our normal routine and that in itself can create additional activities or work in addition to regular routines.

We might have difficulty in balancing or agreeing on expectations for things such as gift giving, spending money, family gatherings, events to attend or levels of food or alcohol consumed that create conflict within and between us. Many experience the ongoing battle between what I "want" to do and what I feel I "should" do. These are feelings related to obligation and guilt and usually neither feels good.

It's been an incredible year for a shift in our emotional body which makes the winter season of 2016 feel more emotionally raw than years past. Without fully understanding this, we can become confused as to why little things are triggering big disagreements or deep feelings of anger, hurt or frustration.

Some things we can do to shift this energy. In this time of giving that includes giving our time, it is important to first be aware of our energy. Don't let yourself become overcommitted or run down. Stay hydrated, eat healthy and stay away from the emotional trigger food—sugar. Be aware of your self-energy, meaning your emotional health and what brings you joy and happiness. Plan events or time that allow your self-energy to be recharged. Mentally prepare to not only give but to allow acceptance of what you need. That might be rest time, alone time, quiet time or play time and being honest with what you need.



Laurie Wondra is a gifted psychic medium, shaman, energy healer, crystal master, author of four books, teacher and public speaker. Using full brain balance between science and metaphysical worlds, she walks the world balanced as an Executive Consultant in Information Technology and owner of Your Life Core. Since childhood, she has been a clear channel working with the energies of the universe, Archangels, Ascended

Masters, Light Beings and our loved ones. Her ability to tune into the varying frequencies of the universe allows her to share this knowledge and energy. For more information, visit YourLifeCore.com.



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