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Holiday Hurricane Consumption

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News Alert! Just over the horizon -- a powerful force of nature that can change your world and cannot be ignored is coming! It's the Holiday Season, or you might call it the "Holiday Hurricane." We never know how much damage there might be (extra pounds, added stress, more debt) but we know that it is headed in this direction. First Halloween, then Thanksgiving; holiday parties at work and family gatherings. And before you know it, another New Year's bash.

Of course it is important and affirming to celebrate and give thanks. But as with a hurricane, you can find yourself captured within the crazy whirlwinds of holiday chaos that can overtake you, or you can, as I'd like to propose, stay in the eye of the storm. At the center of the Holiday Hurricane is a place of calm, a place from which you can observe all the hyper-activity around you. That is the perfect place to be in this frenetic season.

One way to do this is with a simple *pause* prior to your action. For a moment, be first an observer. Do you really want all those mashed potatoes or will a smaller serving satisfy your taste buds? *Pause*. Pumpkin pie? Who can resist? Perhaps it qualifies in the vegetable category, you ponder. *Pause* and notice all conditions present. Decorations, lights, music, family, friends, co-workers, shopping, volunteering... The holiday hurricane is ever expanding. Will you let it consume you? *Pause*. What is the value of your time? How do you want to feel the next day? What type of quality interaction do you want to have with the people around you? Simply *pause*; you can be in the eye of that storm and then choose selectively.

As the invitations arrive, must we pile our plates ever so high? What is the big picture? Can we take the time to notice the conditions present and choose new options or maybe slightly smaller servings? Many people over eat and over drink due to dysfunctional discomforts in their workplaces or at home. Again in *the pause*, before taking the second serving, it may be a good question to ask, "Am I eating/drinking because I am hungry or thirsty or because the pie or beverage happens to be in front of me? Or because it may seem easier to eat or drink rather than to converse and connect with family or co-workers?" Or perhaps it just seems easier to retreat to the pantry for a little comfort food. Notice your patterns and give yourself a moment to pause, to notice the conditions and decide if they are in alignment with your overall health and life balance.

We have many senses – sight, hearing, touch, smell and taste. In noticing conditions of the present moment we may choose to connect with more than just holiday tastes. Indulge in sharing stories, singing or maybe just listening. Let your senses fill you with more than what meets the eye, but also with what fills the heart and calms those crazy whirlwinds. Let being present to the pause - in the eye of the hurricane - be the gift of the season to yourself. Staying in the center allows a clear space to observe your patterns. Choose to participate according to your larger view of what feeds and supports your healthy life balance. Cheers to your choice of healthy form, function and flow for this holiday season.

Christie Johnson helps people discover their unique patterns of thinking and moving in relation to all that they do. She helps executives and performers mitigate stage fright, seniors and surfers improve balance, gardeners and golfers improve range of motion, pregnant women and their partners expand their comfort, and riders and runners to release muscle tension. Free your Form, Function and Flow.

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