

Holiday 2008

Upcoming Events

- ✓ stay tuned for reiki classes... I'm planning a class for teenagers in the spring
- ✓ as I'll be traveling for much of Jan-March, look for workshops to happen in April

Paula's Update

Happy Holidays! I've always loved Thanksgiving. There's no fuss with gifts, everyone brings food to share, and the focus is on gratitude. The day is also full of sensory pleasure, especially the first taste of my mom's pecan pie, gooey and crunchy at the same time. Whatever your tradition, enjoy.

I just completed another craniosacral therapy training workshop and would like to get in some practice during the month of December. I'm offering a free session to the first 10 people who would like to experience this gentle, yet profound bodywork. This work is especially beneficial to anyone who experiences headaches, has suffered head trauma or has had lots of dental work.

News on Health & Wellness

I found some useful tips in this article from the Mayo Clinic [Stress, depression and the holidays: 12 tips for coping](#). I especially like #9 "take a breather". It suggests that you:

Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's to the bathroom for a few moments of solitude. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

I also like #11 "forget about perfection." Remind yourself that something always comes up - you forget an appointment or you burn the cookies. It's just details.



I want to know God's thoughts; the rest are details.

- Albert Einstein