

Why Wait? Be Happy Now!

Monthly Happiness Newsletter ~ Brought to you by Dr. Donna Daisy

Happy Holidays!

Hi Everyone

It's hard to believe the holiday season is here in full swing once again. Has a year really passed since I put my decorations away and took the lights off the trees in our lawn?

As you know, the holidays can be a wonderful, exciting time, but there is also an abundance of things to get stressed out about with the demands of gift buying and wrapping, writing and mailing cards, baking, entertaining, to name only a few. Whatever happened to peace and joy?

It is helpful to recognize your holiday triggers. Conflicts in relationships seem to escalate at the holiday season – particularly family relationships. In addition, the strain placed on finances, and the physical demands of extra shopping and socializing can all work together to rob you of the energy and joy you would like to feel during the holiday season.

Over the years, I have found several tips for the holidays that help me put the season in perspective and make my emotions more manageable. You, too, may find that when you follow the suggestions listed below, you are better able to minimize stress and spend your energy creating a truly joyous holiday season for yourself and for those you love.

1. **Have a positive attitude.** It really can make a difference. Ask yourself, "How upset do I want to get over this, and for how long?" One strategy is to simply not let your thoughts dwell on things that pull you down. Focus, instead, on the joyous aspects of the season.
2. **Set a holiday budget and stick with it.** Nothing can raise holiday anxiety more quickly than the overspending that accompanies equating love with the cost of the gifts.
3. **Take care of yourself.** Get adequate sleep. Eat regular (and healthy) meals, and try to stick with your exercise routine. Plan pleasurable activities each day, and spend time with supportive people who care about you.
4. **Let go of expectations for perfection.** When you put your energies into trying to achieve the same perfection in meals, decorations, and gift wrapping that you see pictured in the magazines, it is easy to become so stressed that you lose the loving spirit of the season and the warm feelings that go with it.
5. **Set aside differences.** Even though family members might not live up to your expectations, try to accept them as they are. Set aside grievances until a more appropriate time for discussion.



6. Take responsibility for your words and your actions. Remember that the holiday season is really about love. Keep your communications positive, constructive, and kind. "I love you" and (when appropriate) "I'm sorry" are two of the most important phrases you can utter.

7. Reach out to others in need. If you are alone on a holiday, consider visiting someone in a hospital or nursing home who is also alone. The joy to be gained from such an experience often far overrides the blues you might be feeling before your visit.

The opportunity to know and work with you is one of my greatest pleasures. Please accept my best wishes to each of you for a wonderful, joyous, and stress-free (well, OK, relatively stress-free) holiday season!

Donna Daisy, Ph.D.

Message for December

Happiness may be the most sought after experience in the World. Yet,

- **Less than 30% of people report being deeply happy.**
- **1 in 10 Americans are now taking drugs to combat depression.**
- **World Health Organization predicts that by the year 2020, Depression will be in the top two medical concerns in the world, second only to cardiac problems.**

I'm Dr. Donna Daisy. In today's fast paced world, all of us face challenging circumstances that threaten our happiness - job loss, financial concerns, health issues, loss of a loved one My message to you is this:

"The human spirit is an amazing thing. Given the right tools and strategies, each one of us can live a rich, full, satisfying life, regardless of our circumstances."

My Commitment to You

As you know, during my husband, Charles' illness, I made a commitment to share with others the mindset, tools and strategies that literally changed our life, allowed us to rise above our challenges, and live a rich, fulfilling life. I am now able to honor that commitment through my workshops, keynote speeches, my books, magazine and newspaper articles, and social media including LinkedIn, Facebook, Twitter, and my blog site.

Science has found the answers that make happiness and the achievement of our goals (career, weight loss, relationship, financial) within the reach of everyone. You don't have to change your genetics, have perfect circumstances or depend on other people to make you happy and fulfilled.

You can improve your relationships, and increase your health, wealth and happiness level dramatically by practicing daily habits of thoughts and behaviors that support happiness and success. It is these habits and behaviors that I teach in my book, ***Why Wait? Be Happy Now!***

Lecture Topics

- Happiness At Any Age and How To Achieve It
- Aging With Vitality: How To Add Years To Your Life and Life To Your Years
 - Manage Your Stress Before It Manages You
 - Happier Is Healthier. Why Wait? Be Happier – and Healthier – Now!
- How To Create The Retirement Of Your Dreams
 - How To Find Happiness in Difficult Times
 - Is Your Marriage “Retirement Ready?”
 - How To Increase Your Health – And Wealth – By Increasing Your Happiness.
 - Creating Relationships That Work
- 15 Minutes A Day To A Happier, Healthier, Wealthier Life

Happiness is a CHOICE!
Why wait? Be happy now!