



dr. donna daisy & associates, L.L.C.
Helping People Get The Results They Want

Why Wait? Be Happy Now!

December 2011

My Message for You

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

- Only 39% 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."



Beat the Stress and Enjoy the Holiday Season

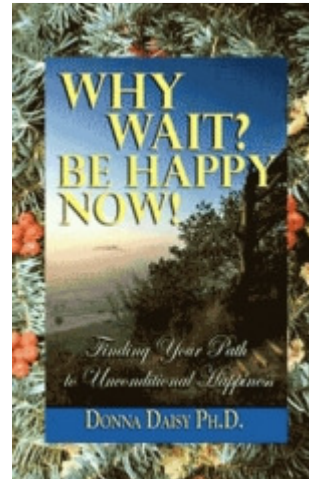
Hi, everyone. I must admit that I probably write my December newsletter about holiday stress and helpful strategies as a big reminder to myself! It has always been my experience that paying attention to the warning signs of stress during the holidays, applying some strategies that I know work for me, and making sure that I am doing what I need to be doing to take care of myself during this busy time of year go a long way towards creating a lovely and memorable holiday season.

The holidays can be a wonderful, exciting time. However, for me, and I'm guessing many other people, this time of year also brings with it a certain amount of stress – sometimes a LOT of stress. I usually start feeling the first signs of stress the minute the stores start putting up their Christmas decorations (usually around Halloween!) I can almost feel the clock start ticking, and the anxiety that starts as my mind goes to questions like, "Will I be able to think of gifts everyone will like?" "Will my holiday dinner turn out right?" "When am I

Give Some Happiness this Holiday Season!

Books make great gifts.

"I recommend this amazing book to all of my patients as a core component of their health care strategy."
- Dr. Kathleen Wilson



Order Dr. Donna Daisy's
**Why Wait?
Be Happy Now!**
for everyone on your
Holiday list.

Click To Order!

**JOIN ME AT
WYNDEMERE
COUNTRY CLUB ON
JANUARY 12, 2012!**

going to do my shopping?” “Will I have enough time to fit everything in?”

A colleague of mine, Cheryl Richardson, has said that holiday stress really comes down to three things: Guilt issues, magical thinking, and not asking for help.

Guilt is really a form of fear. We are afraid of making someone angry, or we are afraid we won't give the right gift. In an effort to get that perfect gift, we often over-spend. Over-spending can lead to financial concerns, not just during the holidays, but after the holidays as well!

Magical thinking often takes the form of perfectionism. We mistakenly believe that because the holidays are here, we should suddenly become the next Martha Stewart. In my experience, that has never happened - - not even close!

And heaven forbid we should ask for help! I used to think that if I was entertaining, I should be the one to do all the cooking, all the serving, all the clearing of the table and all of the cleaning of the kitchen. It never occurred to me to ask for help.

Here are some tips to alleviate some of that holiday stress:

1. Set a holiday budget and stick to it. If you can't find a gift for your friend within your budget, give that person a call. Suggest skipping gifts this year, and instead, getting together for lunch after the holidays.
2. Let go of expectations for perfection. Give yourself permission to decorate less, and entertain in a more relaxed way. Experience the delight that comes from casual “get togethers” with those you care most about. One of my favorite Christmas events is having my “dog friends” and their “four-legged kids” over for coffee, Christmas cookies I buy at the store, and doggie treats that come in a box. Practically no pre-planning and lots of fun!
3. Ask for the help you need. I have found that rather than me trying to be a one person show, my dinner guests usually much prefer to pitch in, help serve the dinner and help clear the table (the kitchen can wait until later!) In that way, we are all able to sit around the table together and enjoy great conversation.

But what about when the holidays hurt?

I lost my mother in December of 2001, and two years ago I lost my husband. For people who have lost loved ones, it often seems like the whole world is in a festive mood while all they feel is sadness and loneliness. To make matters worse, the feelings of loss and grief are often compounded by the additional stress – physical, emotional, financial – that accompanies holiday activities. The result can be quite debilitating if we don't have strategies for coping with the holiday blues.

There are several helpful things that those who are bereaved or grieving the loss of a loved one can do to get through the

On January 12, 2012, I will be presenting a seminar and would love to have you as my guest. Here is the information you will need:

Seminar Title: How To De-Stress, Rejuvenate, and Live a Healthier, Happier Life.”

Date: January 12, 2012

Time: 4:00 PM TO 5:00 PM

Place: Wyndemere Country Club Clubhouse (off of Livingston Road, between Pine Ridge Road and Golden Gate Blvd)

**700 Wyndemere Way
Naples, FL 34105**

RSVP: PLEASE NOTIFY ME BY JANUARY 10 IF YOU PLAN TO ATTEND AND LET ME KNOW HOW MANY WILL BE COMING. I WILL NOTIFY THE APPROPRIATE PEOPLE. Email me at donna@donnadaisy.com and put “JANUARY 12 SEMINAR” in the subject line.

For example:

**To: Donna Daisy
(donna@donnadaisy.com)
From: Mary Smith (email address)**

Subject: JANUARY 12 SEMINAR

I plan to attend your seminar at Wyndemere Country Club on January 12.

Three people will be in my party.

**Signed,
Mary Smith**

Lecture Topics

- Happier is Healthier! Why Wait? Be Happier and Healthier Now
- Aging With Vitality
- Master Your Stress Before It Masters You
- Mastering Your Mindset in Challenging Times
- How To Create

holidays. Here are some suggestions from the Hospice Foundation of America:

- Plan for the approaching holidays. The additional stress may affect you emotionally, cognitively, and physically. This is a normal reaction. Be prepared.
- Rest and get enough sleep.
- Eat a balanced, healthy diet.
- Recognize that the holidays might not be the same as previously. Doing things a bit differently can acknowledge the change while preserving continuity with the past.
- Be careful not to isolate yourself. It's all right to take time for yourself, but don't cut yourself off from the support of family and friends.

Here are a few more strategies I find helpful to shake the holiday blues:

- Enjoy "soul-nourishing" conversations with people you enjoy.
- Get out and move your body. Go for a walk after meals, take advantage of gyms and fitness centers, or take your dog for longer walks.
- MY FAVORITE: Reach out to someone else who might be lonely, ill, experiencing loss, or feeling lonely during the holidays. Focusing on someone else's heart often provides a special kind of healing for your own heart.

Relax and enjoy yourself this holiday season. Spend time with caring and supportive people, and be the joy you hope to experience in the holiday season.

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!***

The Retirement Of Your Dreams

- Training the Brain for Success
- How to Increase Positivity, Productivity, and Profitability in Your Workplace

I have expanded the scope of my practice to include strategies for how to:

- De-stress
- Rejuvenate, and
- Achieve peak performance

This is accomplished by bringing one's heart rhythms into coherence so that the body's systems (cardiovascular, neurological, immune, etc) work smoothly and efficiently together.

This practice is one of the quickest, most powerful and most sustainable methods of reducing stress and maximizing well-being.

If you would like to learn more about how you might benefit from these stress reduction methods, please contact me:

Dr. Donna Daisy
(239) 403-9506
donna@donnadaisy.com

Quotes to Inspire You:

Follow Donna on Twitter for more inspiration.

"The only thing that makes the difference in the way you feel right now is the thought that you are thinking right now." -- Abraham-Hicks

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." -- M. Angelou

"There is more hunger for love and appreciation in this world than for bread." —Mother Teresa

"Take the first step in faith. You don't have to see the whole staircase, just take the first step." - Dr. Martin Luther King, Jr.

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