

Episode 38-When the holidays aren't Hallmark ready

[00:00:00] Hello. Hello. Here we are back for another episode. I like this time together. I hope you do too. This week I'm gonna share the recording of a holiday class that I hosted, and the reason I'm sharing this is because I know this time of year can get pretty chaotic. There's lots of noise, lots of movement.

Schedules feel like they pick up pace. There's interaction with family that maybe we don't have on the regular. There's stress, there's money, and then of course. A new year right around the corner and what goals go with that? So I wanted to share the audio to this because I think it could be helpful help you get clarity over your mindset and maybe a couple of permission slips that you need to go into the rest of your holiday season.

I hope you enjoy.

Hello, everybody.

Alright. Are we ready to talk about holiday chaos or is it gonna be chaotic? Maybe it won't. Maybe it'll be okay. What we do know is when we're [00:02:00] with, our family, it can be chaotic and not in the sense that it's gonna be bad, but just a lot. We've got a lot of opinions, a lot of perspectives, a lot of ideas, a lot of places we wanna go, things we wanna do, we might have competition between who's hosting what.

It can just become a lot and it can feel like it's going quickly, and the faster we feel like we're going, the harder it is to stay connected to ourselves and what we need. Right? So if anything, and if nothing else, maybe this hour is about just being with yourself and a bunch of other people who want to find themselves.

Stay with themselves through the holiday, the holiday, even if just, if I say the holiday, it comes with a story attached to it, right? It comes with, sparkles and lights and happiness and people are [00:03:00] laughing and maybe there's snow out the window and it's so beautiful. We don't see the other 50%. Where my toes and fingers are freezing 'cause of the beautiful snow.

Where before that hug you saw and you witnessed, there was a big fight the night before. We don't see all of that. And when we don't see that, and we know that that's true for us, we can feel like there's distance between what we want and what we actually have. And it can start creating belief that it's not possible for us because look, other people are already doing it, and I'm still not, I'm still upset, or I'm still lonely, or I'm still fighting with family.

So no matter where you're at, you are not alone. You're not alone. I bet most of us can check most boxes for do we have people that we say yes to and we wanna say no? Do we have people we hope don't show up? Do we have people we can't wait to see? Do we have people that we're gonna tell them we like [00:04:00] their cooking but we don't?

But it's the easiest way through this day. We all have those facts. Okay. I'm really glad that you're here right now before this all starts, before our lives feel like they're speeding up and swirling around us. Before the expectations land, you've probably likely got some expectations starting in your own mind for yourself, and then you're gonna introduce expectations to others.

Introduce before that all starts. Let's strategize how to stay connected to you, how to not feel pulled in a hundred different directions, how to keep your calendar full, but intentional. How to balance family dynamics, how to manage your shift in routine. A lot of us are in a different routine this week.

That's okay. When things like that shift, I think what we forget to do is shift our [00:05:00] expectations, right? Like for this week, for example, I'm moving four days of work into three days of work. And when I say work, I mean like live face-to-face, not behind the scenes on the laptop. So that's gonna look different.

That's a shift. Right. That might mean I find that by Wednesday afternoon I might do that session and then tell the person, let's do that again next week so you get something out of it. Who knows? I could be tired by that point because it's different, but what I'm willing to do through the different and through what feels chaotic while we're trying to fit all the things, because I'm willing to be honest, I'm willing to say, you know, that didn't go the way I was hoping I'd like another shot.

Or I'd like your feedback. Was that all right for you? Did you get a takeaway that was strong, that was valuable to you? Okay, then I can put it down, right? And as long as I'm willing to stay honest because I know that as I'm [00:06:00] planning things, it's done with the best of intention. I don't really have anything to stress out about.

I can look at the calendar, I can see that it's busy. I can see that it's calendared. I can see that I'm gonna need to keep moving. And I trust that if I get to where this isn't working or I'm not satisfied, it's okay to let that truth land. It doesn't mean anything about me as a person or my capability, and it doesn't you either.

So I wanna start your reflections with a question. And you can answer out loud or in chat, whatever's comfortable to you. Where do you feel the holiday chaos the most? Do you feel it in your schedule? Do you feel it in your family interactions, your emotions, or your energy here, I'll pop that in the chat schedule family.

Emotion and energy.

Emotion, all [00:07:00] of the above. Missing loved ones family.

Emotion. Energy. Emotion. All right. Let's talk about the, those emotions then That seems to be the popular response. Do we know where our emotions come from? Where do your feelings come from? Overwhelm the stress, the sadness, the loneliness. Mel, I come from our thoughts. Yes, ma'am. Yes. And that's for some, when we're first learning this work, it can, it can be almost.

I remember feeling mad about that at first. Like, no, I'm actually gonna prove you wrong. It does not come from my thinking. They started it with what they did. If that didn't happen I wouldn't have thought that. Right. I, I really dug my heels in, around, and around and around until I finally realized to.

It does come back to your thinking, Emily, every single time. What we are [00:08:00] thinking invites a feeling. Okay. Okay, Lisa, I feel it at work because I'm at school and it gets crazy and overwhelming. So, the feeling of overwhelm or crazy would be because we're looking at

school and saying, there's a lot of movement, or kids are louder than normal, or What is it that's happening that then gets me to feel crazy and overwhelmed?

Anna says, missing my son in heaven not being here. So your son is in heaven. And what brings that feeling of missing is the thought that there'd be a thought attached to him not being here. So we wanna go into that a little bit further. He's not here, and I make that mean what? The answer to that is what then brings that emotion to the surface?

Expectations says [00:09:00] Maureen. I feel at work, we just have gone through a major database conversion and it's a cluster with no end in sight. In the midst of running the annual appeal. Yeah. Okay. So X, Y, and Z is happening at work and I'm thinking there is no end in sight and this is already in the midst of another thing happening.

So that thinking is gonna support the feeling of stress overwhelm, right? Whereas another option would be all of this is happening and I'm showing up for the work I can do, and I'm showing up for my responsibility in this work. And if I could have planned this, I would've planned this a little differently, but I'm able to show up for someone else's plan.

Right, and none of these have to be the thinking that you choose or that you would want to start with. But when we can see that our thinking is [00:10:00] true and unsupportive, let's replace it with something that's true and supportive. So this circumstance is still true, and I'm gonna think something about it that's still true because I'm my brain's too smart for me to lie to it, but also supportive of me.

This is overwhelming. There's a lot on here to do and I can do it. I'm the best person for the job. They're lucky to have me. Okay. Do we have a questions so far or anybody that wants to come off mute to share before I just keep talking? Okay. Yeah. Hi everybody. I've actually studied and practiced this a lot.

And one of the things I wanted to say is sometimes your thoughts I've learned can be unconscious. I may not even be aware of them, because they're not in consciousness, but they may be in a memory of an experience that I've had in the past. That then, you know, [00:11:00] sort of generates these hormones.

I mean, now with MRIs, they can actually look at the brain and what lights up in the brain, parts that control your hormone releases and your emotions. Because that's a lot of times where feelings come from. But what I wanted to try to say here is that I've learned over the years to, to really, when I get a feeling,

You know, it oftentimes can be a roadmap into what I'm thinking, what is sort of getting triggered off in me that's gonna cause a behavior or a reaction. And if I can sort of stop and give that feeling some space and then tease underneath it to what my thinking is. And I think, you know, this is all what [00:12:00] you're saying, Emily, because I wanted to point out, sometimes it can just be unconscious.

You're not even aware of what you're thinking, but the feeling comes up like anger or, oh my God, how am I gonna deal with all this stuff in front of me? So it's getting that space to dig a little bit further. Thank you. Thank you. Kay. I am glad you're saying that I'm excited to like talk because I Yes, you're, this is a very important point to bring up. The thinking if you are hearing what I'm saying and thinking, well, I didn't think anything.

I didn't have a thought about it. That is unintentional thinking happening in the background. Right. Or to Kay's point, it's from prior and you just don't realize it's still happening. Right. So that unintentional thinking, when we think that what's happening outside of us is the reason we feel a certain way and we believe that, and so many do believe that.

[00:13:00] It does not give us any type of encouragement or motivation to slow down and look at, did I have responsibility here? Is there something I thought about this that did actually skew my feeling and my takeaway? It might be, and if we slow the benefit of slowing down to see that it's double-edged sword because on one side it's like, well, hold on.

It's my fault. I could have stopped this sooner. Yeah. And then the other side is, but how, when nobody else is, or people don't understand, or this is what I've always done. Now I feel like I have to defend myself or explain myself. No, what we do is we notice that, wait a minute, what I'm doing is living through unintentional thinking, and that's not working for me any longer.

Right? I used to think Thanksgiving is stressful because these people don't get along. Now, I know [00:14:00] Thanksgiving's uncomfortable because I think everybody should get along and they don't, and then I get uncomfortable about that. But if I went into it thinking there's a good chance there's gonna be some conflict, then when it happens, I have nothing to be shocked by.

It's more like, oh, here it is. Now what do I wanna do? The more we can prepare ourselves for what's ahead with what we, we know ourselves best, we know our routines best, so we are the best to predict what might come up this week that I'm gonna need some support with. Is it a conversation? Is it a meal? Is it lack of a presence?

Is it presence? What's gonna get in my way and what can I do to support myself? Not with a story that's untrue, but a story that's true, helpful, and kind because it [00:15:00] might be true that this person's not gonna be here. Okay. Is that helpful? Is that kind? Probably not. So how can we turn that into something that's true?

This person's not gonna be here and helpful. Do I understand why and kind, how am I gonna support myself with what's happening or with the reality?

There's no right answer to where the holiday chaos is the highest for you. Whether it was your schedule, your family, your emotions, your energy, they're all valid. None of them need explanation. It's just helping you notice where you tend to get pulled away from yourself. When we get pulled away from ourselves, we miss our cues.

Did you notice that every answer in that chat was fairly human? Things you might have seen before, heard before, maybe even felt before for yourself? People leaving, people coming back.

What would it be like to [00:16:00] give yourself the idea going into this week that whatever happens is normal? It's normal in holiday dynamics. It's normal in family dynamics. It's normal in stressful dynamics. It's normal when I'm out of a routine.

What would that do for you or not Maureen? Thank you and thank you for hosting this special meeting, Emily. I put expectations because that's where I can tend to fall down a

rabbit hole and too much Hallmark channel 'cause those are some darn happy people and living happily ever after. And on this year, although some family members invited me, I'm intentionally decided to go with one of my best friends from high school and.

She invites me every year and I went last year and it was just so amazing. This is just a group of fun people. They're all ex IBMers and they know how to party, let just let me say that right outta the gate, but there's just so much sweetness and. [00:17:00] Last couple weeks ago, they had a comedy club party for her and then another gal and her husband came up and said, I've got your seat right here at the table, which made me feel really happy.

He said, you know, I'm hoping you're gonna come, but we already got a seat for you. And it's okay if you're not with family and you can love on 'em from a distance. You can call them, you can FaceTime whenever. You can maintain that connection. Thank you for listening. Thank you for sharing. That makes me happy to hear that you're gonna go back to your friend's house for Thanksgiving. You're writing your own manual for, how do I show up for the holidays? It's not gonna look like Hallmark, which by the way, that's like, they practice that I think.

I don't even think they do it in one shoot. Do they redo that? That was a good try. Again, we can't do that in real life, but two, because you're saying it doesn't have to be with family necessarily. I can decide what this is gonna look like. I can [00:18:00] decide who's best for me to pair up with right now to align myself with, to spend time with right now, and that's okay.

I don't need anybody else to understand that. I understand it for me, and I'm gonna put myself in the position to go enjoy that. You all, if you start feeling chaotic, it doesn't mean that you are failing. Not at all. It's back to, oh yeah, we're human and we're gonna have to balance things all the time.

When we stop balancing, when we tune out, when we leave ourselves, it starts to feel chaotic because we lose balance. We no longer do the things we we know are good for us, and we do the things that we think are gonna bring us that instant gratification or relief in the moment. So here's what I want us to focus on.

And it's, it's gonna be identifying the moment when you start to disconnect. Most of us only notice after we've snapped at [00:19:00] somebody or after we've overcommitted and found out, Ugh, look at this calendar. Or maybe we've found that we're eating on autopilot. I don't know, was I hungry or not? I just know it was 5:30.

Or maybe we noticed that we've absorbed someone else's emotions. I was fine until we were talking and then what just happened? Or I was okay until I was in my car and someone behind me honked at me because I wasn't going fast enough and now I've got their emotion. Now I'm annoyed. The awareness for when all that's happening is usually after the moment.

So this morning I wanna teach you how to bring that awareness forward, how to slow down and start recognizing the early cues. When do we start to notice our shoulders lift? When do you start to shorten your breath, go from those deeper [00:20:00] relaxed breaths to like a shallower in your chest breathing.

How to identify the moment you rush through something that doesn't need to be rushed. You ever caught yourself hurrying and there's no real hurry, just all of a sudden you're going a little faster and you feel this stress. Or maybe the moment you stop hearing your own needs because everybody's needs around you seem really loud.

If I just take care of those, then I'll get to myself.

I wanna talk about the difference between being busy and disconnected. Busy is having a full day, and probably most people in this room would say I'm busy. Disconnected is when you're busy and you stop checking in with yourself because it's a full day, even being busy, a center is available and that's [00:21:00] you.

When we disconnect from ourselves, we lose our center. We lose what we know we need. You can have a busy November and a busy December and still be grounded. You cannot stay grounded if you're constantly abandoning yourself to meet everything around you. Whether that's coming from people or urges from your habit brain saying, Hey, like, we're stressed.

We had a big conversation. How about another piece of pie? Let's go do that. That'll feel good in this moment. So I wanna walk through a few grounding principles that you could try over this next week. And if you like, you can borrow them all the way through December. So the first is come back to your body.

And this doesn't have to be in a deep meditative way. It doesn't have to take a long time. And Toby's here now, she teaches you it. Meditation does not [00:22:00] have to be 30 minutes of silence with your palms facing up on your knees. It doesn't. I know that's even the emoji. It doesn't have to be that. It can be 30 seconds.

It can be following your thinking down this path of why am I so annoyed with them? I'm gonna get curious about that. We follow it for a bit. Right? What's happening with you right now? That's an easy way to come back to yourself. What's happening? I'll tell you what's happening. I'm annoyed.

Yeah, why have that conversation come back to you and silence the rest for a moment? When you notice you're back to you. Am I hungry? Am I tired? Am I overwhelmed? Am I holding my breath? Am I trying to manage anyone else's emotions or are these mine? How many of us spend our day trying to manage someone else's stress?

Or manage someone else's irritation so that [00:23:00] you're not uncomfortable. We've gotta get out of other people's emotional work and do our own. I see that you're stressed. It looks like you're needing a strategy. It looks like this, but it's not for us to solve. Our solution is in ourselves. So I'm noticing this person looks agitated.

What's that doing to me? It's changing me, my emotional orbit from calm to cautious. Now what do I wanna do? If I stay here? It's gonna go from cautious to potentially, would I go? Probably defensive is where I'd go next, and I'm not sure I wanna go there. So if I can notice I'm moving from calm to cautious, the closer I get to somebody who's irritated or annoyed, I'm gonna back up a bit.

I'm gonna go back to calm, and I'm gonna let them deal with their emotional orbit at the time. It's not my work. [00:24:00] And the more I get outta my own work, the more I miss my cues that say, Hey, you're hungry, you're thirsty. You've had enough, you're ready to go. You're tired.

The second notice when you leave yourself, you can usually feel it. Something speeds up inside of you. You might also notice you stop tasting your food. You're just kind of sitting there eating. Maybe you've started agreeing big to things that you don't want to agree to. You start to numb out a bit. Maybe you already fast forward to the evening.

This is what I'm gonna do when I get home. Tend to get a little reactive instead of responsive. These are not character flaws. They are cues that you are disconnected from yourself. That's it. That's it. But what we do is make it mean we're so horrible. And then what do we do? Self-soothe. And now we feel even worse.

So once we can see that this doesn't mean anything about [00:25:00] me, this is me trying to put someone else's reality into me, and it's not for me. I've gotta do my work. I am going to be near people who have different energy than I do. I'm gonna be near people who think different things than I do. I'm gonna need be near people who might be more reactive than I am.

Where am I in my work and what do I need to put in place so that I can be present with myself? And, you know, I think that's important to say, present with yourself rather than present for the whole experience. Like if I'm, if I see that I'm losing presence with myself, I'm no longer interested in staying for the whole experience.

If I can get myself back to present and I feel all right, I'll, I'll go back to, okay, let's stay in the experience. But if I can't get back to myself, my focus is no longer stay for the experience. It's more important to me to stay [00:26:00] connected to my self.

The third use small grounding practices that bring you back home to you. And just like with meditation, this doesn't mean you need a yoga mat or a long break. It can be something small, like a deeper breath than the one before. If you notice your breath has moved up to your chest, take a deeper breath.

Circle breathing. I love that one. Right? That's if you don't know circle breathing. You start going in for three out for three, and then each time you go in, you go out for one more. So in for three out, for three, in for three out for four, in for three out for five in, three out, six, and so on until you don't feel like your out could get any longer.

And what that does is lowers your breath from up here in flight or fight all the way back down to your gut. We're safe, we're fine. There's no need to flee. [00:27:00] And in that place you can make a decision. Anyone have a cue with their partner or whoever you're going with? Time to go. Doesn't need to be a lot.

It's a boundary you can put in place.

Let's see. Okay. Another idea other than the deeper breath is a five second pause before you answer somebody. When we're on the defensive or we think somebody's going to

escalate, we can think we need to answer more quickly. No, we do not. Pause shows confidence. Pause shows trust in yourself. It doesn't mean stupid.

It doesn't mean you don't know. It means I'm taking a moment so that I can respond. Putting both feet flat on the floor. Sitting down to eat instead of grabbing bites while doing 10 other things. That's speed. Remember, slow down. I don't have to do more than one thing at a time.

I just [00:28:00] thought I would add one other thing that might add just a little bit of humor to it. Sometimes when you are feeling that way and you can let yourself just go to that extreme and instead of trying to talk yourself down from it, sometimes just going, I can't take it anymore and like have a sense of humor about it, but like, acknowledge it and be like, oh my God, I can't.

Take it anymore. Mm-hmm. And sometimes just giving yourself that second to do that can also be a technique that might be helpful to some people to add onto. Thank you. A list of calming things. I appreciate that. It is 'cause kind of making it not so serious, right? Or not such a big deal, even though our brain is cued to like overreact or make it a big deal.

Yeah. Yeah. I think that just another thing we can visualize you all is as you're going into your week, you've got whatever emotion is on board, and then [00:29:00] what the motion is in the waiting room, what's right on deck, and how do we start to navigate that? Are we letting it in? Are we not letting it in? Do we wanna swap places with what's on board?

What's in the waiting room?

The last cue I have for a grounding is to protect the parts of you that matter, your time, your energy, your presence, your peace. You cannot give everyone everything and still stay grounded. So if we just agree on that right now, you get to decide where do I give my energy this week? Or if the week is too big, where am I giving my energy today?

Who gets it after me? Who gets it or what gets it? What's gonna set me up to feel more energetic during the week?

How many of us are needing boundaries going [00:30:00] into the week?

Anything put in place to keep you feeling a little less scattered, Deb? So I'm coming off of a tough time. Everything is better now, but I was in a five month estrangement for my son. That he initiated and we're back connected, and he chose to come join us for Thanksgiving this year, even though it wasn't our year to have them.

And we met them for coffee yesterday. And I said, I know this is unusual for me, but I'm in a tough spot. So I bought a bunch of prefab things that are prepared. Trader Joe's. For Thanksgiving, and I hope that you don't mind, which is a vulnerable time when you're coming off of all this. And he said, mom, I don't care if you serve us a cheeseburger on a paper plate, it, we just wanna be together.

And so I feel like I've incorporated some of these [00:31:00] strategies to really analyze what I needed and, and took the initiative and I feel so much better. Deb, I love that for you

because now you also have confirmation rather than just assuming or guessing or wondering, which you get to decide what you serve.

But if the brain is busy in the background, always going, I hope this is okay, I wonder what they think is this right? You just get to put that to bed with answers. Remember you all, we don't wanna lead questions in our thinking, 'cause then we spend our energy all day long trying to find answers. Let's put some answers in place and then go look for evidence or proof of those answers.

So now you have evidence and proof that it's completely acceptable, you can release that worry, which when we release that worry, does that mean okay, free and clear? No. There's usually another worry or problem right around the corner, but that's okay. That's growth. Now I've solved this. I know how to [00:32:00] approach him.

I know how to say, here's what I've done. And I know how to take the feedback and now I'm gonna move forward. Thank you. I hope you enjoy. Thank you. Do you have any other questions right now on this or any coaching that's coming up that you'd like about the week ahead or what's, what you think is coming up for you that might be challenging?

If you could choose one grounding intention for either the week or the season, maybe it takes you through the end of the year. What do you think that would be?

Maybe eat, sitting down, take a breath before responding.

Consider your options before saying yes, and I, well, maybe I do mean options of other invites too, but mainly, I mean options like yes, no, maybe, or I need time.

Go ahead, Kathy. I think one of the things that happens, it seems to happen [00:33:00] anyway, I think kind of frequently is I'll say something with well-meaning intentions and someone will take it the wrong way or thinks that I shouldn't have said anything at all when I'm trying to be helpful and that then makes me feel bad.

But I know I was just trying to be helpful. And I'm concerned about how to deal with that. For example, my son's wife is pregnant. She's not feeling very good about her body right now. She just today went to go put her feet in shoes and they didn't fit her and she got very upset about it.

Now, I'm not there now, but if I'd been there, I probably would've said something like, oh, don't worry, you know, this, everybody goes through it or something, you know, that I thought would've been helpful when my son would've probably said, don't say anything at all. So, I wanna have the thinking like I was trying to help, you know, kind of thing.

And not then have them be mad at me because that's what usually ends up happening. Mm-hmm. So I think a couple things, [00:34:00] one, you can ask them would you like suggestions or are you wanting me to listen? I will do this with my daughter now, because there's been too many times where she says, mom, can you just listen?

Well, yeah, I can, but I'm also a recovering fixer. So now I don't have to ask her anymore. I started asking her. Now she opens by telling me, I just need you to listen, or I want suggestions. So. Prompting them before they share or before you share back.

Did you want me to just listen or do you want my opinion? Do you want suggestions? Or You can also reflect what you're hearing. This sounds like X, Y, z. I'm here if you want suggestions. Right. I think that's what I would say is like, I'd say something like, I get it. Mm-hmm. You know, do you want me to help you with this?

Or something like that. Yeah. The other thing, when we say something and we know our [00:35:00] intention and it does not land in, in that way, someone seems to react in a way that seems not balanced with what we delivered. We can ask them, so you can wait for them to come to you. If this is someone who does it on repeat and it's a pattern, you don.

You decide you don't need to address it. You can let them be and let them decide what they're gonna do with themselves. However, if it's someone you interact with all of the time, and it's a misunderstanding, you can ask them, what did you hear when I said that? Or, it looks like you might've made that mean something different than what I meant.

Could I clarify? Yeah. Okay. Thank you. You are welcome and you all, we can do that for ourselves too. If we notice that we're starting to get a little prickly, or you notice your shoulders are starting to come up, or your breathing's moving from your gut to your chest, ask clarifying questions so that you can resolve it for yourself.

Not everybody needs to be part of what's going on. That escalates [00:36:00] it. So instead of bonding over misery with other people over, can you believe this? We're gonna go internal. My shoulders are coming up. I don't like this, this, I'm getting stressed, or I'm starting to feel this way, so I'm going to get clarification for myself.

When you say leave it on the seat where I can see it, I make that mean you don't wanna see me, you just want your thing back. Is that true? And I'm gonna get a yes or no. Then whatever that answer is and whatever feeling that brings up for me is for me to deal with not them. It's not their job to make me feel better.

Once I have clarity, it's my job to then make myself feel the way I wanna feel about what I was just told. Okay? Otherwise, we go around and we carry things with us that might not be true. If I hear, no, that's not, I just wanted it to be easy for you. That feels very different [00:37:00] than, yeah, I'd rather not talk.

Okay. So getting clarity is really a gift to yourself, and we can do it in a way where we're not blaming anybody. It's, I'm making it mean this. Is it true? Is that what you meant?

Okay. What else do I have?

Ooh, I wanna read some of these intentions. Lisa C is gonna protect her presence. Anna is gonna stay in the present, not the past. How are we doing that? What's gonna help you stay present? How are you gonna reroute yourself back to you when you're starting to disconnect?

Does anyone else want coaching on this? You're a quiet group or are you studious taking notes?

I know this is also a topic where it's like, look, don't call on me. I don't know what might get said. I don't know what I gonna start to feel, and I don't [00:38:00] know what you'll ask me, so I understand that too, Karen.

I'll be the brave one for me, this is super empowering and I'm gonna listen to this morning's earlier session and this one again, at least once because it's so powerful and it's not something you necessarily. Learn on your own. Like Mary Kay's, I think it was, Mary Kay's comment was very powerful.

And just protecting our peace. I think it's, it's wonderful topic and I appreciate it. Thank you. I appreciate that. And I just put in the chat too, y'all, you, if you pull up your replays, in your library, on your phone or in your app, you can listen to them as a podcast. You don't need to be in front of your computer watching.

You can just listen to the conversation too, if that's helpful. Susan puts a hand on her chest and breathes. That's helpful too. Or one on the [00:39:00] chest and one on the stomach. And just a gentle like push, like I'm right here. You can like lean into yourself even a little bit. Like that was just invited a deep breath for me to do that.

Kelly's intention is protecting her peace through daily meditation, reading scripture, and intentional breathing exercises. Yeah, that's, you know, I have an old story that those breathing exercises take forever. It's still coming up now When I read that and I'm correcting it, it does not take forever. So if you have those stories.

Gently dismiss. Breathing takes as long as you want it to. Connie,

I was gonna say, holidays are bring up a lot of emotion and grief. Potential for growth for me because I didn't live near family for 30 years when I was teaching in West Texas, and so I didn't get back for Thanksgiving. I did [00:40:00] for Christmas and, When I moved back five years ago, we didn't have the family around that we used to have there four or five hours away, so they don't come on Thanksgiving.

My cousin's planning on coming the day after, so it's like, you know, I have these memories of growing up. That was fun. All those years that people were still able to get together, but it was too far for me to do that. I did one year. I did go to Oklahoma to see my aunt and uncle for Thanksgiving and cousins, but I'm learning that Thanksgiving is very stressful, but full of grief for me too.

Mm-hmm. Yeah. 'Cause I won't get back what I remember happening. 'cause the people aren't, they're either not alive or they don't live around here anymore. [00:41:00] Mm-hmm. What is that, that you feel like you're not getting back? I, you know, when we would get together at our house or at my aunt's house, or my grandparents' house, and it was anywhere from, my mom is one of six sisters, so it'd be anywhere from, you know, one of her sisters to three or four of her sisters on the holiday.

And then I got to see my cousins and it was just hanging out with people I like. What did that feel like to see your mom with people to, for you to be hanging out with people that you like? I, I looked forward to seeing my aunts and uncles and cousins and be because, and when I was in West Texas, there were many years I was by myself because my friends either went home to see family.

Or sometimes we would go out to eat or sometimes one of my colleagues would invite me over. But then you're like, okay, [00:42:00] I know the colleague, but I don't know the rest of the family and there are like 30 of them here. And that's a little overwhelming even when you're outgoing. Mm-hmm. So. What if this means you're in a season where now you create your experience, you have what you loved of a prior experience, you have memory of what used to be.

Yeah. Is, is would this maybe signify that it's time to take all of that and put it into, here's how I'm going to honor this holiday now here's what it's gonna look like for me, it's important that I get to be with people. I look forward to seeing. Important that I feel some type of familiarity with them, which that can be done all year long.

Right. All year long. We can do that work of familiarity. Right. So if we were to take those pieces from what you remember, what might be one thing on your plan for this Thanksgiving Well, [00:43:00] wednesday before we do what's called a Sister Zoom with my mom and her five sisters. So we're going to be doing that before Thanksgiving this year.

So I'm looking forward to that. Don't know if one of my aunts can make it 'cause she's in the hospital. Don't know if she'll be released in time. But I'll be able to see the others and I always look forward to that. I love it. So you've transitioned as the holiday has transitioned, as people age, as people move, as things evolve.

Mm-hmm. What it looks like has transitioned. It's a day earlier than the actual day that I'm going to get that feeling of connection and excitement and seeing people I like to see. It's gonna be different, but are you gonna be in person with your mom? I live with my mom. So you're virtual with my aunts and it's gonna be different, but just like the last experience. I remember [00:44:00] this experience is gonna have parts that I really enjoy and parts that are eh, yeah. And that's the same before too. I guarantee it, but we have selective memory and we think that was so wonderful.

Okay. Yes, there were parts there too that weren't so wonderful and now we're recreating it and updating it. Uhhuh. That's what Thanksgiving looks like right now and I'm still honoring the parts that are important to me and, and that Sister Zoom is something we do monthly and have for like the last four years.

So it's something to look forward to each month. Excellent. And, and it's just, it's fun for my mom and her sisters because you can't always get together. The last time all six of them were together was in September of 23. Mm-hmm. They all came up here to North Dakota. Well, two of them live in North Dakota, but yeah, two of them had to travel here.

Okay. So this is extra [00:45:00] special. Technology's making it possible for us to get together without the travel. Yes. Great. While everybody's out in their lives, and this, I know this happens for some of some other people on the screen right now, as our lives change and we spread out, you see each other less, right?

And that can be challenging. Right. Maureen, you had your hand up. Do you still have a question or comment or share? Oh, thank you, coach. I was just trying, well, Connie hit on some of the things I was thinking, but how do we work with ourselves to not go down, down that rabbit hole of missing what was at one time, right?

Parents are gone or divorces, et cetera. That that family unit or those, that friend connection that you, I long for, it's not really there anymore. But it's hard to get over some of those cherished memories. It can be hard. Yes, it can. And I think it's that hindsight, right? Where when we're in it and we're [00:46:00] living it and we're busy, that's why we wanna be present.

So we're, we're really soaking up what's available to us right now. So when we are, in hindsight, over yesterday and beyond, it's, and I was there. I was there for all of that. I remember that. I can remember the smell of this person, or I remember their laugh or I was there, right? And now moving forward, here's what's important to me based on that.

Is this the same? No, it's not. 'cause it's a new beginning or it looks different than it did and I'm gonna be present with it so I can put in what's missing.

But I think it's like something that happened yesterday could be so cherished to us because it's gone. But in being over there, we're missing right now. Then it's gone. And then tomorrow we have the reflection like, I did it again. But we don't realize it. So how do we stay at the [00:47:00] life that's right at the tip of our toes?

Yes. Visit the past. Visit the future, but live right here. I think that's what we're all figuring out. Thank you. When I went to Tyler, there's this one picture and there were two in a row, Steven and I am holding my rock that I painted. And the second one I didn't know at the time. He put his head on my head and I remember him whispering, I love you Aunt Mo.

And that made the whole trip. I mean, I will always cherish that photo. So sweet. Yeah. Thank you. You're welcome. You, I feel like you could even do that like on your own as you're remembering, like give yourself that head on the shoulders. Kay. Yeah. I, I think I mentioned, I took a course and one of the things that really stuck with me was the idea that within experience.

It's not always just one way. So in order to [00:48:00] experience love, there's also the side of loss and grief, or in order to experience joy, there also can be pain, but you don't wanna think about that, you know? And but, but they make up the whole sort of experience and so. One of the things is that we get so caught up with wanting to think it's all just one way.

It's all just, you know, one way, it's either the positive or the negative. And I think that what I came away with is that really trying, being in the present is about trying to look for that balance, like taking what the meaning was. From the past if it was love, love, and then trying to balance that out in the present moment.

I don't know if that's helpful at all, but it really resonated with me. Yes, I appreciate you [00:49:00] sharing. I think one thing we know from being in these groups is if it's helpful to one, it's likely helpful to another. So I always encourage you all to share. I want to drop a sentence starter in the chat for you before you leave if you're willing to finish this sentence.

I would appreciate that. I'm gonna read a few of them out and then I will share a closing quote before you go on about your day. This holiday season, i'm a person who's practicing what?

You've got your answer. You can share it in the chat for me to read out.

Here we go. This holiday season, I'm a person who is practicing listening to my hunger cues, says Laura, practicing presence. Okay, I'm not gonna keep up with the names. Practicing live, love, love. I'm a person who's practicing gratitude this holiday season. I'm a person who's practicing flexibility. Peace, common [00:50:00] love.

I'm practicing pausing. I'm a person who's practicing patience with myself and others. I'm practicing regulating my emotions. I'm practicing self-love. I'm practicing being aware of what I need for me and joy. I'm practicing managing expectations and focusing on the gentleness around me, practicing boundaries, practicing being in the moment, self care, presence, listening to my body, joy and peace.

I'm not sure what I'm practicing. Letting people handle their own emotions. I'm practicing balance to the, I'm not sure I'm practicing being with myself. What do I need? Practicing gratitude says, Anna, you all, as you look through this chat or listen to what everybody's practicing, I want you to imagine this.

You're sitting at your Thanksgiving table and there's a little thought bubble above each person's head at your table, and it says [00:51:00] this holiday season, I'm a person who's practicing. Every single person is practicing something, whether it's intentional or not, they are so remember that the quote I have for you, your center is always available.

The world may get loud, but you don't have to leave yourself. Thank you so much for being here this morning for some of you, we've been together all morning. Thank you for that for choosing steadiness in a season that asks so much of you, you're already grounding yourself simply by showing up. So thank you.

Thank you again for listening. If you're liking what you're hearing, please feel free to share, leave a review. Rate us, subscribe, do all the things that help us be discovered by other people. And of course, you are invited to come into our Mastermind if you'd like. Uh, now through the 15th, it is only \$9 [00:52:00] to join and then \$29 a month after that.

I don't know if there's a better time. I hope to see you inside.