

December 2019

OWL Café

Optimism,
Wisdom,
and Laughter

usOWLS.com

Project of [Michele Jackman Enterprises](#)
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The café is open to share inspiring stories, catch a healthy laugh, or experience an insight that helps you cope with things not going so well.



S.O.S.! THIS IS THE "SEASON TO BE JOLLY", but . . .

Q: WHAT HAS BEEN HISTORY OF STRESS DURING THE HOLIDAYS?

Promise yourself more HO HO HO's this season,
and less "Oh NOs . . ." and make each day special!

WELL, WHAT HAPPENED TO "TIS" THE SEASON TO BE JOLLY?

Our resistance: The danger can be "wishful" thinking the holidays will be all positive, maybe even the best yet. This could be serious *denial* of the real-world pressures this season presents to us without a plan for "prevention." This year evoke your "sense of humor" to redirect actions and responses. As "Optimist OWLs" counter stressful events we anticipate with clear stress-free choices for our own health reasons!

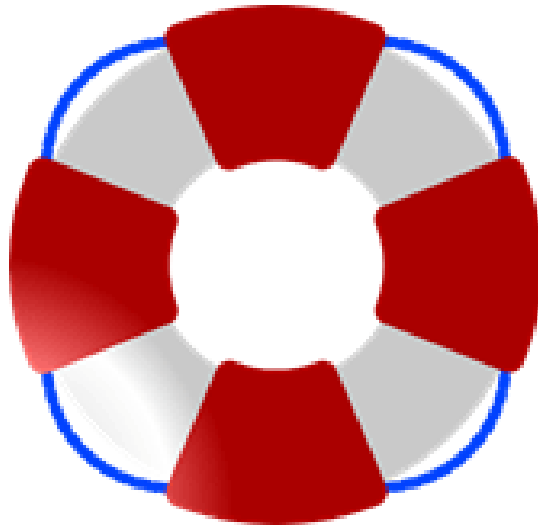
Our traditional celebrations, gatherings and special events should bring us all together in ways in which we acknowledge both losses and gains, and more moments of loving, engaging encounters, and refreshed spiritual alignment!

During this season, we can choose positive inputs to our life. We can define the personal boundaries we want, and use responses creating special holiday moments with more purpose and patience. **We can even do nothing except remember good times with a nod and Nog!** We can Invest time to plan for really positive activities and encounters giving ourselves an important **"RECHARGE"** of energy needed for the coming year.

Q: What ONE new thing can you do or explore in this season of nostalgic smells, moments, and spiritual realignment? Sharing a good "sense of humor" means more laughing (at least 10 minutes a day) and recalling positive past holiday moments. We need not dwell on the wishes that never got answered.



This is a time to boost our *sense of humor and endurance*—not curtail it with the "impatience" felt in crowds, traffic, and extra non-holiday expenses that pop, or given various tax payments due and increasing costs. 'Tis the real season to fight loneliness, sadness, and any pressure one feels. This is a time to IMAGINE sitting on Santa's Lap again and asking for what you want to enjoy this season.



**S.O.S. FOR HOLIDAY STRESS LEVELS --- RESPOND TO ANY SOS
(SIGNALING YOUR STRESS) THAT MAKES SENSE. Easy as 1.2.3 . . .**

This season:

1) PUT THE BRAKES ON ANY POTENTIAL "PASSIVE AGGRESSION," SARCASM, AND NEGATIVE COMMENTS COMING YOUR WAY BY AVOIDING OR SIDE STEPPING THEM TOTALLY. Be ready to see or experience difficult moments with relatives who pushed buttons, or your own adult children mentioning something painful. "You never...you always . . ." The word "interesting" works to change the climate so you can construct a healthful response. A sense of humor with added "patience" enables a higher point of view to emerge provides actual scripts to call the nonsense that surrounds it. Do all *escapes* with a smile. Prepare for positive "comebacks" for messages you anticipate.

2) STOP ANY HOLIDAY WOES WITH A GREATER INVESTMENT IN DAY-TO-DAY EXPRESSIONS OF GOOD HUMOR to begin your day, not taking anything too seriously, and by cheering others on when you can.

3) USE REFLECTIVE HUMOR TO PAUSE AND ASK YOURSELF STRESS BLOCKING QUESTIONS: Do I need to *deal* with this now? What else can I say or do to *lighten* this moment up? How am I reacting to this proposed nonsense?



**GIFT YOURSELF A REAL BREAK AND A REAL REST FROM THE NOISE
ALL AROUND YOU AT WORK, IN POLITICS, AND BE MORE JOYFUL IN
SIMPLE WAYS, SMILING, LAUGHING, OBSERVING NATURE
RETHINK GIFT GIVING AND PROPOSED EVENTS!**

When choosing gifts this year, seek gifts that will help people survive the future year or boost spirits. **Sharing gifts that really help people survive the daily struggles and frequent disasters** we have coped with like growing expenses, evacuations, clutter control, fire danger, planned electrical outages. Give the gifts of BETTER SURVIVAL TOOLS (lights, sources of energy) and increased safety items for your own older relatives. (Check out our links).

- This could include better lighting options, safety lighting in case of outages, even batteries which are very costly these days
- Gift cards for food, clothing, meal discounts, spa trips
- Safety bars for bathrooms and their installation (often reimbursable, as well)
- "Get out of the House" adventures to concerts, events, children's events: trips together (local field trips/treks with you)
- Create or present some family Genealogy research—position your OWLNESS into a growing family tree for discovery and discussion
- Schedule routine simple and fun visits with friends or contacts that create more laughter this month! Be a living holiday "card" and show up with surprise gifts of time, treats, and tea.
- Consider [AAA CARFIT](#) items for better car safety—better mirrors, tools for managing safety and comfort, round swivel pillows to get out, fuzzy protective seat belt attachments, etc.
- Make donations for non-profit organizations that provide necessities, environmental gifts (medical support, trees, animals, needed assistance for others, favorite charity)
- Shredding services and assistance on a "Get the Clutter" day: maybe show up with a shredder? (OWLWorks Magical Monday: Make it disappear!)
- Smiles and Laughs shared in visits discussing how you overcame the year's test so far!
- As a Grandparents, check with both parents and kids for possible trips together, and things really valued. Spend time with them that they would appreciate.



**FOR MORE JOY, TAKE ADVANTAGE OF THE MANY FREE EVENTS
THAT INSPIRE AND LIFT OUR MOODINESS DURING THIS TIME**

Sponsor a get together with friends, who like you claim they are too busy to exercise or go places. Be around children as they explore the season with shows. I recall a grieving time and being forced to go to a 4 year-old XMAS ballet exhibition. It was an incredible unexpected boost and transition. So precious were these tiny girls in pink tutus - trying to keep in step, one falling, joyously creating a "bounce back" own step to regain balance. There was also one who picked their nose dancing all the way across *the stage to the horror of her Mom trying to gesture stop! The gestures were also humorous.*

IDEA: Schedule a real busybody session with laughs, good spirit, healthful repasts. Laugh more and frequently at how seriously you are taking yourself when you have little control over traffic, aggravating delays, and burn-out feelings in the face of rough weeks.

Take a fantasy flight as couples into more joy!



**PLEASE STAY TUNED FOR GREAT ADVENTURES
AND GOOD UPDATES IN 2020!**

**BLESSINGS FROM US...EAT, DRINK, AND BE MERRY!
GIVE A GREAT HOOT THIS YEAR AS WE MOVE INTO NEW LIFE/TESTS
WITH WHOOPING RATHER THAN WHINING...TURN S.O.S. INTO J.O.Y!
(Join Others with Your true self and use your gifts!)**



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