

# **A Jazzy Guide to Filling Your New Year With Pizazz!**

**The New Year can be a wondrous time filled with spiritual meaning and reunions with loved ones.**

**Despite the excitement, new year can cause a great deal of tension.**

**Use these strategies to reduce the stress and fill your new year with Pizazz!**

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## Let Go of Expectations

### **Be curious.**

Think like a scientist. Learn new things and try to learn them in a new way. Your brain will appreciate that you are using it in a different way. Ask questions you wouldn't normally ask.

### **Increase your flexibility.**

Embrace a spirit of flexibility and realize that you can be happy and at peace in all kinds of circumstances. Be open to spending New Year's at the beach instead of at home.

### **Appreciate surprises.**

It might seem like a good idea to make a list of all the gifts you want to give people or all the things you want to surprise others with...

Take pleasure in being surprised by whatever comes your way.

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## Accept Your Current Conditions

### **Plan ahead.**

Encountering the same obstacles over and over can be one of the most challenging things about the new year. A little foresight will help you avoid overcrowded highways and airports when going from place to place.

### **Practice compassion.**

Maybe you're annoyed by people cutting in line at the cash register or relatives who ask the same intrusive questions every year. Try to put yourself in their shoes and be more understanding of their anxieties.

### **Laugh more. Spot the humor in stressful situations.**

Instead of getting upset when you are unable to find those cool goal setting calendars you bought last year, just laugh and move on. You can still start your year off right by starting it with a laugh.

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## Simplify Your Plans

### **Eat light.**

Start the New Year with no regrets about gaining weight. Learn to eat food that is more nutritional for your body so you will feel better. Eat food that fuels your body instead of empty calories.

### **Shop less.**

Take a look in your closet and in cupboards. See what you actually wear and use.

Decide that you are not doing to buy anything unless you REALLY need it.

### **Streamline your schedule.**

Set some goals of things you want to accomplish and stick to it.

Be sure to include fun time so you don't feel like you are "working" all the time.

Only do the things you WANT to do.

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## Distance Yourself From Materialism

### **Watch TV selectively.**

Television commercials create pressure to buy more, so turn the TV off unless there is something extra special your family really wants to watch. Spend more time talking with each other.

### **Search for free entertainment.**

Keep an eye out for free events in your community and browse online for movies to watch and crafts to create. You can have a great time without spending a cent.

### **Do it yourself.**

From house decorations to gifts, items that you make yourself save money and feel more special.

Do projects throughout the year to give as gifts. It will be fun and meaningful to the people you are giving to.

### **Consider Adding Movement To Your Life**

Getting some kind of exercise is extremely important for your health in so many ways.

Seek the help of a coach if you need to

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### **Share your time.**

Go visit your grandparents at their retirement community.

Invite your neighbors over for an evening of holiday music and games.

### **Support charities.**

Volunteer at your local food kitchen or nursing home.

Be as generous as you can with your charitable donations.

### **Spread kindness.**

Some of the best gifts cost very little or nothing at all.

Tell your friends and family how much they mean to you.

Make a healthy snack to take into the office.

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**Remember That:**

**Jesus**

Is The

**Star**

Of Your Life.