

# Health Enews

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## Avoiding Christmas Burnout

It's that wonderful time of year... the time of year that stretches your schedule and your patience. You might be tired of hearing the same Christmas songs and overloaded on Christmas commercialism. But, what if we could experience the Advent season with fresh eyes and a renewed heart and truly see it as the most wonderful time of the year?

## Avoiding Burnout and Experiencing the Real Reason for the Celebration Starts With:

**Keeping a Quiet Heart.** While everyone is hustling and bustling around you, buying gifts, and short on patience, determine to be different. Don't get caught up in the busy of the season and forget *who* Christmas is ultimately about. Try making your gift to Jesus this year a calm, quiet heart—one so immersed in the realization of what this season of giving is all really about.

**Focus on Doing, Rather Than Buying.** Make a list of what you can do for others, not what you can buy. Do you have a neighbor who lost a spouse this year? Make a freezable meal and take it to them the week of Christmas. Is there a family member you haven't seen in a while? They may appreciate a visit or a call more than a gift or a card in the mail. Ask God to show you tangible ways that you can show your love to others this year by serving them.

**See Christmas Through the Eyes of a Child.** Look around and observe the joy and wonder in children this holiday season. Revel in their excitement as they make Christmas lists for Santa and participate in Christmas programs and sing their hearts out.

**Focus on the Gift.** Don't forget your gift... the One who was laid in a manger and became our Savior. The wondrous love, wrapped up in the gift of Jesus. So, as we focus on giving, rather than getting don't forget the wondrous, priceless gift that was sent for you.

