



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

It's that time of the year... gift giving, social gatherings, decorating etc. Lots of money going out the door and often extra stress coming in.

I feel the sense of overwhelm at the thought of having to run around tackling my to do list... wondering if what I give will be something they will like. And why is it especially hard for the men in our lives?

Personally, I don't need anything and am trying to get rid of all the extra "stuff". (Remember January's e-newsletter on decluttering?) I polled family members to see if we could draw names this year to reduce all the stuff that no one needs. Isn't it wonderful that we simply go out and get what we need when we need it? We'll see how the experiment goes this year!

To try to combat my anxiousness and come up with a plan, I turned to what most of us do to provide some insights: Google. I found a good article from Real Simple that laid out some helpful hints. A good tip I've learned is get out the list you had from last year. That ends up being your base line budget. If you don't have an old list, try your best to recreate it. And this year be sure to keep it in a place that you can go back to it next year.

The big take-away is to plan and focus on the joy of giving versus receiving. I focused this year on what one or two things I can cut back to simplify and enjoy the season more.

<https://www.realsimple.com/health/mind-mood/habits-of-thoughtful-gift-givers>

There is something very spiritual about the season however you celebrate. Try to pause to reflect on each person and why they bring you joy and gratitude for each gift you give.

"It's not how much we give but how much love we put into giving." — Mother Teresa



A big way to be thoughtful is not just to consider the person you are giving to but to consider the environment and local economy as well. Finding ways to reduce impact to landfills and to support local small business makes me feel good!

This year's midnight madness in DTA is December 2, 9 and 16th. Please try to stop by and see our friend EI at [HERE](#). a pop-up shop!

Reflections:

- Find or recreate your list from last year and approximate budget to get you started from gift giving to decorating.
- Find one or two areas you can reduce stress and eliminate. Then focus on one or two ways to increase more joy to your season.

We have a full line-up in 2022. Thank you for being part of this community of great women. Looking forward to keeping moving forward with you in the new year! Blessings of joy and peace to you and yours.

Cheers, Elaine