



3 Holiday Tips: You'll Thank Me Later!

By Dr. Stacy Feiner

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There are so many ways to celebrate the holidays. You might return home, invite others to descend upon your home, or escape the hub-bub all together. Whatever your plans, here are some tips to keep you grounded, sane and yes, even unruffled!

- 1. Get corny, not cranky.** Pull out the board games. Set up a puzzle table. Spread out the magazines. Take a walk. Activities are the best way to get into family fun and away from interpersonal stress. This might feel forced or out of character at first; You might be called out for being "corny", but just remember not everyone has to participate.
 - Puzzles equalize the generations and bystanders are welcome. Just remember to give yourself 20 minutes to set the puzzle up. It's best to turn all the pieces over and get the sides in a pile that way when you call everyone to the table, there are some **QUICK WINS!!!**
 - Magazines are a good distraction. When things get tense, you can just subtly "check-out" with an intellectual article in *The New Yorker*, or read a hilarious celebrity story out loud from *People*, or pull a kid over to do a brainteaser in a *Highlight*.
 - Throw on your coat and take a walk. Get some fresh air. Walk off dessert.
- 2. Be AT your best instead of on your best behavior.** At first blush, these two points might read the same. But with just a little examination, you can see the subtle differences.



STACY FEINER, PsyD
Business Psychologist
CEO of Feiner Enterprises
216-315-3155
stacy@stacyfeiner.com
www.stacyfeiner.com

Being at your best is a natural, internal state, it's not a performance. It's about meeting your own expectations, knowing your own limitations, drawing on your own energy. Listen to that internal voice that keeps you true to your own goals regardless of what's going on around you.

Whereas being ON your best behavior is short-lived and defined by others. It's a false state that is externally driven. When people are on their best behavior, they are thinking about meeting external expectations. It often causes you to second guess yourself. You might tend to be worried you're going to slip up which would leave you open to criticism or judgment.

3. Find your smile. The holidays are extenuating circumstances, full of external pressures, idealistic expectations, hectic calendars, and forced interactions. These are the real culprits for why you're impatient and your nerves are shot. Don't let your family relationships take the heat for being the source of conflict rather recognize the huge impact of external pressures. Let this thinking help you keep your cool during the holidays, because without time to resolve conflict, we tend to bring the conflict back to next year's celebration. Ugh! Find your smile for those you love.

Okay. There you have it...three amazing tips for thriving during holidays that work! They work because you are responsible for your own actions; you determine your effort, and you set your mindset. Get psyched for the holidays cause the capacity to improve your circumstances is in your hands.



ABOUT THE AUTHOR

"When you start a conversation with Stacy, prepare to be engaged."

Dr. Stacy Feiner is a Business Psychologist and CEO of Feiner Enterprises. When failure is not an option for your business, psychology is key. Psychology is the most sophisticated science available for channeling human drive, purpose, and talent. Leaders of organizations partner with Dr. Feiner to overcome challenges, achieve objectives, and ultimately improve the bottom line. For business leaders seeking a competitive advantage, her process offers ways to scale up and overcome challenges as well as make key transitions better and faster than competitors. Dr. Feiner provides a scientific process to identify and resolve previously unrecognized human impediments, so employees can thrive and businesses can grow, evolve, and increase profitable revenue within their sweet spot.