

Empowered Living #61 – Holiday spirit

Winter 2023–24

The holiday season brings a mixed bag of emotions for many people.

It can be a time of joy and merriment, twinkling lights, eggnog and fun with family and friends. It can also be a time of sadness and loneliness for those who have lost loved ones or find themselves alone at Christmas. And family gatherings are a surefire way to test your mettle and see if Uncle Albert’s crude jokes and Aunt Mabel’s prying questions still get to you! 😊

I am a big believer in finding ways to accept and improve on reality, instead of pushing against it. Acceptance allows us to acknowledge what is and our feelings about it, then let the feelings pass through. Improvement helps us to find a way to make the best of our current situation, even if it isn’t what we wish it would be.

So this newsletter is about tapping into the power of the present moment and finding ways to make the holidays joyful for you and for others. Enjoy!

Resources



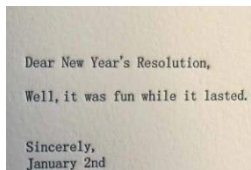
Learn how to give the best gift of all this Christmas in:
[The gift of presence](#)



Discover how to make the holidays special in:
[Celebrating the holidays as a single person](#)



Feeling overwhelmed this holiday season? See:
[12 tips to maintain balance over the holidays](#)



Learn how to make 2024 great in:
[How to accomplish your goals this year](#)



Empowerment tips: 6 strategies for being more present

Mindful Breathing Breaks: Throughout the day, take short breaks to focus on your breath. Mindful breathing can be done anywhere—at your desk, in your car, or waiting in line. This simple practice helps anchor you in the present moment and promotes a sense of calm.

Digital Detox: Set boundaries on your screen time to reduce digital distractions. Designate specific times for checking emails and social media, and consider implementing "tech-free" periods during meals or before bedtime. Disconnecting from screens allows you to reconnect with the world around you.

Nature Connection: Spending time in nature is a powerful way to cultivate mindfulness. Whether it's a short walk in the park or a weekend ski or skate, immerse yourself in the sights, sounds, and smells of the natural world. Nature has a unique ability to bring you into the present moment.

Mindful Movement: Explore mindful movement practices such as yoga, tai chi, or qigong. These activities not only improve physical well-being but also emphasize the connection between movement and breath, promoting a heightened sense of presence.

Mindful Eating: Transform your meals into opportunities for mindfulness. Slow down, savor each bite, and pay attention to the flavors, textures, and smells. By eating with awareness, you not only enjoy your food more but also cultivate a deeper connection to the present moment.

Active Listening: Enhance your relationships by practicing mindful listening. When engaged in conversations, give your full attention, avoid interrupting, and show empathy, validating the other person's feelings. This fosters deeper connections and mutual understanding with others.

Healthy hints



[Winter health tips](#)

Rockin' recipes



[Cozy winter recipes](#)

Creativity corner



[Winter DIY projects](#)

Comedy central



[Jokes for singles](#)

Wishing you a Merry Christmas and Happy Holidays!
xo Karen

Karen Strang Allen

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Author of *Free to be me: Create a life you love from the inside out!*

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