

Holiday Pressures:

YOIKS! Can you sense your treadmill about to lurch into the highest speed - just when it would be so great to have the time to be kind and gentle with yourself as well as others in your life?

In addition to time pressures there's the pressure of STUFF - perhaps more than at any other time of the year.

SO, how to make a bit of space? How to slow down just a tad?

Here's SPACEMAKING TIP #1 ONE LESS TASK

Take a deep breath and search for ONE thing you are doing that you will deliberately let go of for the next 6 weeks. One activity that you will specifically put on the back burner for the next six weeks. And then reassign THAT pocket of time for YOU! Rest assured that the people in your life who are counting on you will benefit from your INACTION.

(It would be super to hear what you choose and how it goes. Want support? Check the Breathing Space blog to find out what and how others are doing with this. www.breathing-space.com)

SPACEMAKING TIP #2 The SCOOP METHOD

There's that pile of stuff that is driving you nearly crazzzzzzy. You can't bear the thought of dealing with it.

When you imagine trying to sort it out your shoulders scrunch up, your jaw tightens and you want to do ANYTHING else but that! So you do your best to ignore it but still it's there nagging at you.

Get a free cardboard box from the grocery and SCOOP that pile! JUST SCOOP! Almost pretend your eyes are closed because it's crucial that you DON'T deal with the stuff at this moment. Toss it ALL in the box and immediately write on the box SCOOP - the location where the pile was and the date. You have probably moved stuff out of the way "for company" other times in your life. This has a slightly different edge-- you are doing this for your own sake AND you have marked the box in BIG BOLD letters with a date on it. This will help you track just how important the stuff is that went into the box. If you don't look at it for half a year it's going to be either seasonal stuff which you will be ready to use again OR stuff you really don't use - so no wonder it was in a pile!

Yes- now you have to put the box somewhere and yes- sometime soon it would be good to sort the stuff and get it where it belongs but if you have marked the box you are already in better shape than before. You have begun to give yourself some SPACE.

The specific steps for dealing with the SCOOP are outlined in Decluttering 101. Available at www.breathing-space.com

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