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Happy Fall Everyone,

It's hard to believe the holidays are upon us already. Is it my imagination or are you feeling and hearing how fast this year has gone too?

It seems like the last few years have gone inordinately fast. Is that the function of age as we were told as kids, is it the new millennium coming, or is it just being more conscious of time?

Will we ever know? Probably not, but in the effort to live fully functioning, healthy lives, it sure takes a lot of time and effort to get it all figured out. Then to learn how to roll with the punches of change, even seasonal change, adds another whole dimension of mastering life.

I hope "your" season of change is going well and that you have a very enjoyable holiday season.

Warmly,

Ginger

In a recent survey of *Ready for Love and Marriage* graduates:

- ♦ 82% of participants are using the principles
- ♦ 65% have dated since taking the course
- ♦ 84% feel that learning the principles has made a difference in their lives.



Clues for the Holiday Blues

After 15 years in practice, I have heard many different reasons why one could love the holidays, or could dread them. What is abundantly clear is that the holidays are usually tinged with apprehension for most people.

The common sources of holiday blues are:

- Who to spend the holidays with or without
- Where or how to spend them
- Not having enough money to spend or overspending
- Previous negative holiday experiences
- Not having enough time to get everything done

The bottom line seems to be pressure.

What I have found that works, is to help people discern what is important to them this year and how they might consider trying something different than they may have done before. For example, pick names and only buy for that person(s), try dinner at someone else's home or facility. Make your gifts, or take a trip somewhere and celebrate there. Try to find some way to lessen the burden of pressure with a creative twist. It's amazing what you can come up with if you are willing to be open to new possibilities.

Holiday blues can be holiday dreams, if we remember the reason for the season and try to find new ways to enjoy them.

Ready for Love and Marriage groups are offered quarterly. January groups are now forming!!

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