



# SERVINGLEADERS

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## **Creating an Emotionally Healthy Christmas** **(Loving Through the Hurts of the Holidays)** **Dave Wiedis, Copyright 2020**

Your Challenges for this Christmas Season:

### I. Key Concepts:

Emotional Health

Capacity

Resilience

### II. Internal Stressors. Managing our Capacity and staying emotionally healthy from the Inside (Anxiety)

Anxiety defined:

## REST:

Redirect my automatic thoughts to the Present and Stay Present in God's Presence

Emotions (what am I feeling?)

Self Care (Sleep, rest, exercise, healthy rhythm/pace of Life, Sabbath)

Talk to God (Prayer) and a Trusted person about all of the above.

III. External Stressors. Managing our Capacity and staying emotionally healthy from the Outside:

Non-people stressors:

Relational stressors:

Difficult/Toxic People

Suggestions:

1. Get Real – Have Realistic Expectations: people who are difficult are still difficult despite Christmas, our fantasies and magical thinking.

2. Turn to Wonder. Helps Develop Compassion and be less judgmental by turning to wonder. (I wonder what happened in her life that makes her . . .? I wonder what my reaction tells me about me?)

3. Ask yourself & Monitor: What is your capacity? Know your capacity
4. Toxic People - Think Radiation Time, Distance, Shielding

Need a sense of healthy boundaries and a sense of what you will and will not tolerate from others

5. Don't Do this Alone. Is there someone (spouse, best friend, small group, pastor, counselor) with whom you can share your burdens?

## Two Relational Skills that Can Transform Your Relationships

### 1. Stop Mind Reading

The problem: faulty assumptions (Bearing False Witness)

The solution: Stop Mind Reading and check out your assumptions:

1. Ask Permission:  
"My I have permission to read your mind?" or Can I check out an assumption with you?
2. I think that you **think** . . . or I assume that you think . . . is that correct?

### 2. Clarify Expectations

Four Problems with Our Expectations:

1. Unconscious
2. Unrealistic
3. Unspoken
4. Unagreed upon

Expectations are not valid unless they are:

1. Conscious
2. Realistic
3. Spoken/expressed
4. Agreed upon

Take Home Points: