



December 2008 Couples Corner

Every year I suggest you focus on the joy of Christmas time rather than allow yourself to become too stressed with the preparations; to buy your gifts with fun and love in your heart and not to worry about the “must do”, “must get” thoughts that flow around at this time. This year we are all waiting for the wave of recession and cut backs, job losses and financial shortages to flow over us, so it is even more important to approach the holidays and festivities with a balanced and easy mind. In light of the economic climate and the concerns about the ecosystem I suggest you find gifts that are consumable rather than buy more “things”. I had until very recently an aged uncle and every year the family made up a hamper of food that we knew he enjoyed. He lived in a care home and couldn’t get to the shops so this present was a treasure trove for him to delve into like a child in a toyshop. It was simple and fun for us to create and a joy for him. So my message this year is “keep it simple”. Get back to basics and get the children to make the decorations, agree to cap the spend within the family and use the world situation as an excuse to keep it simple, keep it fun and keep it affordable.

Happy Christmas and enjoy!

Love Anne