



great!! These are the people that are flitting from one thing to another. Don't expect them to sit quietly watching the afternoon movie; they are more likely to be on an after lunch walk at double quick speed!!

5. 'Please Others' – These people aim to keep everyone happy. They have spent time making sure that they have brought presents that people will really like. They will want Christmas to be a nice family affair with everyone getting on. Christmas with these people will be a pleasing affair as long as they succeed in pleasing. Should they fail, they are likely to be tearful and upset. They feel upset if people are not enjoying themselves

Each of these styles has advantages but under stress, as often happen around the festive season, we become more extreme in our styles. 'Be Perfects' become more obsessed with perfection. 'Try Hards' take on even more. 'Be Strongs' become more self-reliant and will not ask for help. 'Please Others' can run themselves into the ground to please others. 'Hurry Ups' – speed up still further.

There are many things that you can do to reduce your stress levels. Think about your working style and what you need to do and say to yourself.

Be Perfect should relax and give yourself a break. Have fun first and do the chores afterwards. Accept that things will not be perfect and that is OK.

Be Strong should make sure you take enough space and withdrawal time for yourself. All that socialising can be very wearing.

Try Hards should stop and engage your thinking. It is OK to say no and to miss out on things sometimes. Organise yourself and things will be easier.

Hurry Ups should slow down. This is your holiday time too. It's all right for you to take your time.

Please Others should learn that it's OK to please yourself. You can prioritise what you want during this time and still have a good time. You can say 'no' even if others don't like it.

This awareness can enable you have the Christmas that you want. Don't expect perfection; know that it is ok to ask for support, to say 'no', to have an easy life and to slow down- you have plenty of time! This way we can all have a jolly and stress free festive season.

Leilani Mitchell Dip Couns, CTA, UKCP Reg. Psychotherapist, PSTSA is a counsellor, psychotherapist, supervisor and trainer. She is co founder of The Link Centre, a centre for counselling and psychotherapy training based near Haywards Heath. www.thelinkcentre.co.uk

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