

THE HULL EXPLANATION

SPECIALIZING IN HUMAN RELATIONS MANAGEMENT AND ORGANIZATIONAL DEVELOPMENT

DE-STRESSING THE SEASON

BILL OF RIGHTS FOR THE HOLIDAYS

REDUCE STRESS,
BE COURTEOUS

Surveys show that 44 percent of workers say courtesy at work has declined over the past five years. To check your manners, see if you can answer yes to these questions:

Do you respect people's time by returning messages?

Do you clean up after yourself in the kitchen, the supply room, by the copier?

Do you remember to say please and thank you even in an e-mail message?

Do you ask others if it's a good time to talk before discussing a subject?

YOU HAVE THE RIGHT TO TAKE CARE OF YOURSELF. Eat right, exercise regularly and get adequate rest. Thirty minutes of daily exercise can reduce stress, take the edge off your appetite and reduce stress.

YOU HAVE THE RIGHT TO HAVE SOLITUDE. Take time for yourself to plan, think, pray, reflect and relax. Shop alone so you won't be distracted from your gift list and budget.

YOU HAVE THE RIGHT TO SAY NO. You don't have to accept all party/activity invitations. You can decline alcohol, drugs, cigarettes and the second serving.

YOU HAVE THE RIGHT TO ASK FOR HELP. Family, friends, your church, synagogue, or mosque and community agencies can be an excellent support system during this stressful season.

YOU HAVE THE RIGHT TO GIVE GIFTS. Make a budget and stick to it. Draw names and put limits on gifts if you have a large family or circle of friends. Check on a product's rating if you are purchasing a big gift. Decline department stores' delay-payment offers. Consider giving homemade gifts.

YOU HAVE THE RIGHT TO STAY SAFE. If a friend has too much to drink, call a taxi or extend an invitation to them to spend the night. Take keys away from friends or relatives who want to drive after drinking.

YOU HAVE THE RIGHT TO LET GO. Simplify family traditions that are too much work and aggravation. Get family and friends to cut their "seeing and doing" lists in half to ensure a relaxing holiday. Consider extending holiday get-togethers through the first two weeks of January, rather than cramming everything into four weeks.

YOU HAVE THE RIGHT TO CELEBRATE YOUR WAY. Holidays should be celebrated wherever you feel most comfortable. If you live alone or are recently divorced, avoid feeling lonely during the holidays by celebrating the season with a holiday vacation. Set aside a day before the actual holiday to celebrate with family and friends or plan a post-holiday activity that everyone can look forward to. Spend the actual holiday in your own home enjoying your own traditions.



"LIFE IS LIKE RIDING A BICYCLE, YOU DON'T FALL OFF UNLESS YOU STOP PEDALING."

-CLAUDE PEPPER

TIME PRESENTS
A PROBLEM

You can't save it or use it later.
You can't elect not to spend it.
You can't borrow it.
You can't leave it.
You can't retrieve it.
You can't take it with you either.
But TIME is always with you...and you can lose it or use it.

-Alec Mackenzie

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GIFT-GIVING IN GOOD TASTE

The only thing worse than trying to find the perfect gift for your loved ones, is buying the right gift for a client, co-worker or boss.

The "right gift" describes a gift not only in terms of right size or right price, but also in how tasteful or appropriate the gift is.

Stay away from personal gifts, religious items and gifts that are not exchangeable or returnable.

HOLIDAY HASSLES, HOLIDAY BLUES

The holiday blues are often the result of stress. Holidays can often bring on a variety of small hassles that when combined cause stress and discomfort defined as the *holiday blues*.

Are the holidays a plus or minus for you? Once you pinpoint which holiday hassles cause you the most anxiety, you can develop the best coping mechanism to prevent and cure your holiday blues.

Does increased spending during the holiday season stress you out?

Does excessive eating and drinking during the holidays make you feel unhealthy?

Do you worry about not knowing whether or not you are pleasing your family and friends during the holidays?

Do you feel left out if you are

When buying for several people, create a sense of equality by spending the same amount.

Charity donations and volunteerism are always appropriate, particularly during the holiday season. Volunteer your time or donate to a person's charitable organization of their choice in their name.

Give employees struggling with financial hardship food, clothing or toy store

certificates to help them purchase for their own families.

Pay for employees to attend a time or stress management seminar.

Remember the reason behind giving gifts. Gift-giving extends a symbol of your appreciation and your friendship to the person whom you are giving it to. It is the thought behind the gift that will mean the most in the long run.

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Remember that the holidays should be a time of simplicity, sincerity, and above all, comfort.

Edited by Krista Zilizi

GIFTS THAT DON'T COST A THING

THE GIFT OF LISTENING
No interrupting, no daydreaming and no planning your response. Just listening.

THE GIFT OF LAUGHTER
Clip cartoons, share great articles or funny personal stories. Your gift says, "I love to laugh with you."

THE GIFT OF A COMPLIMENT
A sincere compliment or words of encouragement can make someone's day.

THE GIFT OF SOLITUDE
Be sensitive to times when others want to be left alone.

NOVEMBER PUTS US ON A ROLLERCOASTER

A MESSAGE FROM DR. MIMI

Does it seem that it was only a short time ago that you were making plans for 2001? Do you find yourself in the last phase of this year's programs, rushing to the finish line?

How will you view the year? Have you accomplished everything you thought you would? Are you where you want to be? If you haven't, the game isn't over yet.

The work done between today and New Years Day will still count, and count a lot. You have the chance to surge forward, even in the last weeks of the year.

At the same time, you have the grand array of duties and pleasures that come along with the holidays. With so much to do away from work during these

weeks, it is important to keep our own safety and health in check.

November and December are dangerous months with shorter days, filled with many unusual tasks that confront us. It helps to remain patient and stay in a thankful frame of mind.

Let us be thankful for the many blessings of our lives and pray for those less fortunate.

We are thankful for your support and appreciation and look forward to our continued contact. Happy holidays to you and yours. May you have a peaceful and wonderful season.

~Dr. Mimi

P.S. We are here to help you. Let us know or ask us how!