

Tis the season!



The holidays are upon us. Along with the fun of gatherings with family, friends and co-workers comes that predictable urge to make this holiday season the “best one ever”, and the accompanying stress. Enjoy the holidays using these tips.

Choose a positive attitude – Only you are in charge of your attitude. Negative attitudes often cause us to behave in ways that can damage important relationships. Find ways to be helpful. Making the holidays brighter for someone else is the best spirit booster of all. Smile! Get caught up in the joy of the season.

Manage stress levels – Stress saps energy. Expecting perfection creates stress and is sure to lead to disappointment. Flexibility is the key. Expect the unexpected—anticipate and plan for cancelled flights, bad weather, unavailability of a special gift, etc. Use your energy to find creative solutions. Plan in time to relax—avoid the temptation to fill every minute with activities. Exercise, even a short brisk walk, will make you feel better mentally and physically.

Keep your sense of humor – A good sense of humor won’t keep things from going wrong, but it will help you keep things in perspective. And keeping things in perspective will prevent minor irritants from becoming major issues. With all of the craziness that the holidays can bring, remember that research has proven that laughter is still the best medicine.

Focus on what’s important – Time with family and friends is precious. Avoid using holiday gatherings to offer co-workers or family members your “constructive criticism”. It creates defensiveness and tension. Enjoy holiday traditions or start new ones.

Beautifully wrapped presents and perfectly decorated cookies soon go the way of last year’s “must have” toy. It’s the memories we make that endure. Make some special memories.

Alternative Resolutions, Inc.

1151 Oneida St. • Menasha, WI 54952 • (920) 993-1490
altres@alternativeresolutions.biz • www.alternativeresolutions.biz

Words to Live By...

You increase your joy by increasing the pure joy of others.

Torkom Saraydarian



A BRIGHT IDEA

Give the Gift that Keeps On Giving...

The gift of training and coaching will give your employees the tools to ensure a successful 2009. Call today and schedule for 2009! Mention “*The Toolbox*” to receive a 15% discount on any new services booked prior to January 1, 2009. Plan for your best year ever!

Office Space For Lease...



Excellent rental opportunity! View our website for details! www.alternativeresolutions.biz

What’s Happening...

Alternative Resolutions, Inc. will present the following public workshops in the Fox Valley. Plan for success in 2009—**Register today!**

“Mediation Skills for the Workplace”

January 28-29, 2009 8:30 am—4:30 pm

“Basic Mediator Training”

February 16-20, 2009 8:00am—5:00pm



To register or schedule a training, contact Alternative Resolutions, Inc. at 920-993-1490 or email us at altres@alternativeresolutions.biz or visit our website at www.alternativeresolutions.biz.

All articles and materials in this newsletter are copyrighted. ©2008. No part can be reproduced in any form without specific written consent from Alternative Resolutions, Inc. or copyright holder(s). All rights reserved worldwide.

Subscribe to newsletter@alternativeresolutions.biz with your email address. Cancel at newsletter@alternativeresolutions.biz with “Unsubscribe” in the subject line.