



## **Managing the Stress Points in Your Life**

Presenter: Boris Matthews, PhD, Jungian Analyst

Tuesday, November 12, 6-7PM

Free Lecture – Space is limited, Register by calling Ommani @ 262.695.5311

### **What will be covered in this lecture?**

For many--perhaps most--of us, the Holiday Season (indeed, much of life) is a mixed bag of anticipation, memory, obligation, dread. Holidays often stir up old hopes, disappointments and wounds. Sometimes it's hard to hold on to the idea of rebirth, renewal and a fresh start. What can one do? How do we survive and come out better for the experience?

- First, remember that other people really are different. Regardless what it looks like in the moment, all people, family & friends included, really are doing the best they can.
- Second, the person you can best take care of is yourself. This means both requesting and refusing.
- Third, everybody has sore spots, old disappointed hopes and raw wounds that the Holidays may reopen. Just like you do. We'll discuss how to be aware -- when the past invades the present – to not react as if it's happening again for the first time.
- Fourth, be kind to yourself. Take time to get centered: take the deep breath, the time out, the walk around the block, the quiet time you need to re-collect and re-create yourself.

Stress points are unavoidable. As corny as it sounds, they really are opportunities. The question is whether we use them as opportunities to become more mature and better centered or to react in the same old disappointing and self-defeating ways.

These topics and more will be covered during the lecture. We encourage anyone so inclined to share their own personal examples of Holiday and Life Challenges. We'll discuss and explore ways to help make our lives more balanced and truly enjoyable, not only during the Holiday Season, but throughout the entire year.