



**SAFE HARBOR
COUNSELING**

**Dr. Beth
Speaks**



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WSPY, Your Life Matters, Mindfulness

Mike Williams Welcome into our weekly show called, **Your Life Matters**, with **Clinical Social Worker, Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.

Mike Williams And Dr. Placketka, thanks for joining us again. How are we?

Dr. Beth Placketka Great! How are you, Mike?

Mike Williams Doing good. Thanks as well time we have been focusing these past few weeks, different element to this time of year, whether its Thanksgiving from recently or kind of talking a little bit about the Christmas time, the holiday season and for today focusing on Mindfulness during the holiday season. So what are we talking about there?

Dr. Beth Placketka So when we talk about mindfulness, we will do a quick review. It's paying attention to what you're doing in the here and now, and how you feel about what's going on. So often we jump over the feelings, and we just start responding and that way we can't make any changes or address anything if we need to. So when we think about the holidays, there's a couple reasons why it might be hard for people.

One we know is the biology. Some people have Seasonal Affective Disorder that is not something that mindfulness by itself can take care of. Mindfulness will allow you to recognize that it's going on and get the help through light therapy or medication or vacation or other biological changes that would help.

Mike Williams Sure!

Dr. Beth Placketka But there are things that can really put us over the edge that Mindfulness can help. That's cultural expectations. I am sure you know what I'm talking about.

Mike Williams Yeah, there's all different kinds of things that tie in. Whether it's a loss, this is always a tough time of year for people that have recently lost love ones or lost loved ones in years past during this time of year and it brings up those types of things.

Dr. Beth Placketka Any close connection is going to be can be triggered at this time. And so we have good memories from when we were little and getting all kinds of special gifts that seem wonderful and magical and then there's bad things like arguments or fights or not being included any longer, loss, death, divorce, changes like in income or relationships or even locations, moving from Grandma's house to Auntie's house or whatever. We always hope the holidays will be the same or we hope that they are never the same and we really want them different. So you really can't win for losing at that point.

Mike Williams Yes, the expectation is there.

Dr. Beth Placketka Right! Right! So unless we become Mindful, unless we pay attention to what's going on and how we feel about it, we are going to go to autopilot. Do what we always did. Say what we always said. Eat what we always ate. And pretend that we liked it and complain about it later. But it's so far until the next holiday that we don't make any changes, we just forget about it and go on.

Mike Williams Sure!

Dr. Beth Placketka So what we need to do is think about, this is a very short period of the year. It's 24 hour to 48 hour, window of time that we actually spend celebrating the holidays for most of us, some up to a week. We need to think, how perfect do things have to be? How intense does our decorating have to be? How lavish our food? What does our budget allow for those kinds of things?

Mike Williams Maybe that kind of just overwhelms you too, you're trying so hard to meet certain goals or expectations, and you lose the ability to sit back and enjoy things.

Dr. Beth Placketka Right! And have fun!
I know people that clean their house so thoroughly before company comes that they are exhausted and cannot even participate hardly and that's not the way the holiday is supposed to be celebrated.

Dr. Beth Placketka So remembering that it's short and time limited. Being Mindful of what's going on around us and in us allows us to make some choices. We don't want pumpkin pie. We want cherry. Maybe someone wants pizza and that's ok too. When you bring a new family member in, maybe some of their traditions get incorporated. It's ok to know that sometimes people drop the casserole on the way into the house and can't be eaten. That is just part of life and that becomes a memory for the future. So we want to be thinking about what do we want and not be stuck our behavior unless they continue to give us joy. Talk with each other about what we want to keep and what we want to let go of.

Mike Williams Being Mindful and being able to adapt, I guess.

Dr. Beth Placketka Exactly! Exactly! Right! You want to be able, it is fitting our lives at this moment.

Mike Williams This is supposed to be a time where hopefully, you're enjoying it, having fun, making good memories and not stressing too much about these other things that get in the way.

Dr. Beth Placketka Exactly! The whole world does not happen in just one period of time.

Mike Williams Some good advice! Any final points on today's show?

Dr. Beth Placketka I just want everyone to remember that **Your Life Matters**.

Mike Williams That's right! It does! That's all the time we have left for today. Remember to submit your questions at safeharboril.com for an upcoming show and we might talk about what's on your mind. Tune in next Monday for **Your Life Matters** with **Clinical Social Worker, Dr. Beth Plachetka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.

