



Christmas - The Best Christmas Yet!

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled "All Psyched Up" for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of "Life is An Adventure...every step of the way" and "Open for Business Success" is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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What would have to happen to make this the best Christmas yet for:

- A hungry child in Africa
- Someone who just lost a job
- An adolescent who has run away from home
- A prisoner on death row
- Someone who is homeless
- The family that is in the middle of an ugly divorce
- A person grieving the recent loss of a partner
- An addict who desires freedom
- A friendless soul who feels alone
- A person who suffers from a debilitating disease
- Someone who is contemplating suicide
- A soldier on the battlefield
- The family that just declared bankruptcy
- A senior recognizing s/he has symptoms of Alzheimer's
- Parents with a child in palliative care
- A business on the verge of closing
- Someone in a violent relationship
- A person with a horrible secret

What could you do to help them have a better holiday? Perhaps you could begin by identifying someone who is experiencing a problem. Then take some time to think seriously about what would make their life a little better. Asking the person about their needs or the needs of their family would be helpful in your planning.

If the needs are greater than your budget, you might want to ask friends or family to be part of the project. It is amazing how working together can actually be an energized and positive experience for everyone involved.

Soon you will be able to prove to yourself the old expression "It is better to give than receive". I hope each of you has the best Christmas yet - no matter what your circumstances might be!