



The Times They Are a Changing But Some Things Stay the Same

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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When I grew up Boxing Day sales were a big thing. Now the trend is to make purchases on Black Friday. Many retailers are concerned about the fact that online shopping has grown significantly, harming their "bricks and mortar" operations. Extended customer service needs and distance have changed the traditional holiday gatherings of the past when everyone would get together for December 25th. Often there are family members missing from the dinner table due to work or living conditions.

Yes, a lot of things have changed over the years. We used to smoke in the house and put the cat outside. Now, laws require that we smoke outside and keep the cat in the house! Even our consumption habits have changed. We buy coffee on the way to activities instead of making it at home and order in meals rather than cooking them in our ultra-modern kitchens.

There are more illnesses than in the past, like osteoporosis, which wasn't as common when the mortality rate was lower. People didn't live long enough to acquire some of the diagnoses that are now so well-known.

The introduction of computers came with promises of less paper and more efficiency. After a day at the office, I find it really hard to accept that concept!

But despite the changes, many things have remained the same. We still care about the environment. It isn't enough though to just turn off lights, pick up trash found on the ground or reduce our consumption of water. Protests by youth are demanding significant legislation and action to save the planet!

We still care about relationships and there isn't much better than having attentive family members or encouraging friends.

It is still better to give than receive. Rest does make everything look more manageable and paying bills on time reduces stress.

There is really no better medicine than having a purpose or a job. Each encourage you to get out of bed, get dressed and develop routine. At the end of the day you are a "good tired".

And no matter where you go, despite the changes, people know that December means Christmas is coming.

Christmas trees are decorated, carols fill the air and people tend to smile more despite the busyness of the season.

Yes, Christmas is coming - and the one thing we can count on it that the times will continue to change!