Ep. 52 Mental Wellness & The Grinch!

M.J. Murray Vachon LCSW: [00:00:00] Welcome to the podcast. It's the holidays and along with the hustle and bustle comes a bit of a tussle. Today I've invited Joan Claire Gilbert to a brainstorming session. We're going to take some common holiday tussles and give some options so all of us can move from scary to merry. Joan Claire's a life coach specializing in relationships and leadership. She's also an attorney and I think this gives her a really interesting background for our conversation. She's married and the mother of three. So, like the rest of us, she's heading into December, which I always say is a part time job we each pay for. Welcome to the podcast, Joan Claire, and thank you so much for taking the time to talk with me.

Joan Claire Gilbert Esq.: Thank you so much, MJ. I'm excited to be here.

M.J. Murray Vachon LCSW: Joan, on Fridays, I usually have two to three hours set aside for consults, and starting in October, it's not unusual for these slots to get filled up with people who want to think about the holidays and strategize, and often this is problems that seem to pop up again and again. What we're going to do today is I'm going to share with [00:01:00] you a number of situations that have been pretty common issues that people have brought to me over the years. And we're just going to talk about them. And again, we're not given the definitive answer, the goal here is to get listeners to think about how to move through some of these challenges in a different kind of way.

Joan Claire Gilbert Esq. : Sure. I look forward to it.

M.J. Murray Vachon LCSW: Okay, situation number one. This is the most common holiday issue that people have brought to me over the years. And I'm just going to read to you part of an email that somebody sent me a number of years ago. It said, MJ, when it comes to the holidays, my in -laws don't want to include my traditions and or my preferences. This includes when and where to celebrate, as well as what to eat, and what types of gifts are to be given. I also want to say that I have had many conversations trying to resolve this over the years, and nothing has ever changed. It's really causing a lot of tension between me and my partner, so [00:02:00] I'd like to come and talk about it. Jump right in.

Joan Claire Gilbert Esq.: I'M hearing that they've already had a lot of conversations and they're feeling a lot of tension with the in laws. Coming at this, I'm thinking as a coach, I would really want to help that individual who's feeling the tension and ask them what the emotions they're feeling are. Sounds like there's some resentment, tension, stress, feeling misunderstood. Really get them connected to, why is this upsetting you and give them permission to feel what they're feeling.

M.J. Murray Vachon LCSW: A pretty common feeling is that people feel powerless and not important.

Joan Claire Gilbert Esq.: So, the person that's coming to you is feeling powerless and not important. I would want to help that person see how they're feeling that in other areas of their life. What is the judgment there that's behind that sense of powerlessness and unimportance? Because it's not likely showing up just with your in- laws. There's most likely a sense of lack of agency in other areas of their life, and it may stem from something that occurred in their [00:03:00] childhood or some earlier occurrence where they develop the idea that I'm powerless and unimportant. If you're wanting the quick fix that's not my quick fix answer, but if I were working with this person on a longer-term basis, I would want to help get a deeper level of what's behind that sense of powerlessness and unimportance, because if that person is coming from a being of being powerful in a loving way, They're not going to get so triggered when the in- laws are so staunchly holding to certain traditions. They'll be able to see with more awareness, where their in- laws are coming from. They may not like it. They might like to have more of their traditions but there won't be as much feelings of being triggered.

M.J. Murray Vachon LCSW: I really want our listeners to take in the wisdom you just shared, because when something is a repetitive issue and a person can't get rid of it in their mind, I often say to people, if the reaction is bigger than the event, Yeah, there you go. It is [00:04:00] really helpful, and I say this in jest, and it sounds harsh, but it's really funny, I think. Whatever is hysterical is often historical. Losing sleep over I want to bring pecan pie or I think it's really important that we open the Christmas presents on Christmas Eve, not Christmas day, or I don't want mother- in- law to give my daughter a doll that I had planned on giving her all things that families work out. I want our listeners to understand this can just seem like it's about Christmas. If it's under your skin, it really might be about childhood.

Joan Claire Gilbert Esq.: For sure. It almost always is on some level.

M.J. Murray Vachon LCSW: And people hate that, and it's also painful. Because in childhood, we are somewhat powerless in a way that we aren't in adulthood. Let's say this person buys yours and my belief, this is connected to my childhood where I didn't feel listened to, I didn't feel important. What would you do?

Joan Claire Gilbert Esq.: I'd want to help them go back to that [00:05:00] point and tell me, tell me some details around what happened and then help them see in their childhood, whatever that event was, the beliefs they'd adopted about themselves, the judgment they developed about themselves in that moment. And help them get connected to you adopted this innocently. It wasn't like you knew you were doing this to yourself, who really would adopt that if they knew it was a non- useful judgment. But we do it to survive. In the moment, it could have been very useful, but now as an adult, it's no longer useful. What that looks like is getting clear what that judgment is and going in and practicing self-forgiveness. Essentially seeing their innocence and adopting that belief, forgiving themselves for it, for they knew not what they were doing at the time. That creates an openness and a space for them to elicit a more useful truth that's coming from their being or if they believe in God coming from the Spirit, what is more useful and true and loving that you'd like to create now? As adults we get to have that self- awareness now and we get to [00:06:00] create a more useful belief. it's not a one-time thing. This is a beginning of a new relationship with yourself and seeing of yourself and in that space, you are not as triggered when your in- laws act in a way that triggers that judgment of I am powerlessness and unimportant. When we get triggered by others, it's most often because they're triggering a judgment that we already have of ourselves. Really what's going on here is we're cleaning up the house. We're going in and Seeing how do you judge yourself as that, which you think they're judging you as. Clean up your house, do the self-forgiveness, go deep here, uproot the weed, and plant a new seed, which is the more useful truth of, whatever that is for you. I'm powerful beyond belief, and it'll be different for every person. It comes from their heart, from their own intuition and truth. That's a deep dive approach.

M.J. Murray Vachon LCSW: It's a beautiful perspective. What you're saying is you were really hurt and it could be not intentionally [00:07:00] as a child and somehow you felt you were unimportant. And you believe that about yourself and this person is touching that and is hurting that. Sometimes we don't get the in- laws we want we get the in laws we need and we can learn to grow into a different type of belief about ourselves. If we understand that we think that person is judging us and we actually judge ourselves in the same way and the person hopefully would sign up to do deeper work, but it's December 1st and she wants some of her traditions and she's I'll do the deeper work, but I need a

game plan for this Christmas. I can't tolerate another Christmas where I'm treated like I don't exist. What would you recommend?

Joan Claire Gilbert Esq.: If it needs something a little more short term I would probably give them some initial practice with me on mindfulness on dropping out of their thinking and into their body. Because they literally will [00:08:00] activate the empathy, compassion, gratitude area of their brain through presence, like mini meditative reps, you might call them. And this is useful, even if you're going to do deeper work just to have daily tools that can bring you back to your center and get grounded when you're feeling triggered. I want to give them some tools to learn to drop into their body and not be in their head with what stuck on what the in- law said or did. It could be tuning into any one of your five senses visual, auditory, tactile one I love to do is to notice the sensation of the weight of my body when I'm standing with my feet grounded, connected to the ground below. A lot of people like to do one where you're rubbing 2 fingers together and just noticing if you can feel your fingerprint ridges. You might say, oh, this is just a distraction, but literally MRIs will show that a different part of your brain is activated and it helps you practice what I call self- command of being able to be in control of your mind [00:09:00] and not let your mind rule you, because literally our thoughts will rule us unless we learn to practice self -awareness and have an outside observer stance with our own thinking. This is a vital skill that's going to serve them beyond the month of December. I say, why not? Because December's can be a more stressful month with all the holidays and gift buying and, family interactions. Why not start now? It's the perfect time to practice dropping into your body and being grounded and taking a breather.

M.J. Murray Vachon LCSW: I encourage people to try to do those kinds of practices three times a day at red lights when they fill up their water or get coffee, whatever three times works for them. One of the things that was really satisfying for me when I came back to work after the holiday was I had clients who had challenging holidays. I always say that our mind runs amok unless we train our mind to not run amok. One her brother was a full-blown escalation. Instead of fighting she said , that is so painful. In the past it would have [00:10:00] been, knocked down, dragged down for, three days and all that and we are more capable than we think. Going back to this kind of person, because this kind of situation is a form of rigidity in the in- law. Rigidity often spawns rigidity.

Joan Claire Gilbert Esq.: I like to say our saboteurs and other people's trigger our own saboteurs, like we all run it escalates this downward spiral of holding

our ground and, resentment and all the other uncomfortable emotions that we can experience.

M.J. Murray Vachon LCSW: One of the models that I use in working with people when it comes to mental wellness is that we want to be peaceful, calm and alert. That's when our mind feels good, but on the banks of that sea, that river is rigidity and chaos. Part of what often I ask people to think about is they are being rigid in thinking this person who is really rigid is going to change. They've been heroic, they've had conversations, they've [00:11:00] given different options, but some people don't change.

Joan Claire Gilbert Esq.: Most likely they won't.

M.J. Murray Vachon LCSW: Then that means that if we're going to get from the bank of rigidity back into the river of peace we use the tools of being flexible, adaptive, coherent. Coherence is looking at the situation that you cannot change and using the tools of flexibility and adaptiveness to get more of what you want.

Joan Claire Gilbert Esq.: This may be hard to develop in a few weeks, but learning to accept not an accommodation, I accommodate whatever happens that my in- laws throw at me. But a loving allowance and acceptance, this is the way my in laws are going to be, because if I'm being rigid and I'm resisting it, that's just going to create a lot of tension on my end. It's going to make the whole situation much more difficult. If I can step back, practice the mini mindfulness reps and have an openness to this is where my in- laws are. I don't need to try to change them. Coming into the, the holidays trying to change my in laws, it's going to be a lot less pleasant for me.[00:12:00] Most likely that's going to worsen the whole situation that's already has some conflict involved.

M.J. Murray Vachon LCSW: I love that you use the word loving. I often say to people that these aren't really family problems. When you have a family member that's rigid that you can't change. These are spiritual problems. What I think can move people is to move it to what kind of person do I want to be? the reality of working with someone who is so inflexible. Probably the thing that moves people the most is what do I want to model for my children?

Joan Claire Gilbert Esq. : Beautiful.

M.J. Murray Vachon LCSW: Because when these kinds of conflicts go on year after year and children observe them and hear them, there's a fairly high chance that they will go on in the next generation.

Joan Claire Gilbert Esq.: Oh, yeah, you're tying them to their purpose and their legacy and that's going to be a key motivational factor.

M.J. Murray Vachon LCSW: Purpose and legacy are your values. When people have values, this is testing. It's so easy to have values. I'm a loving person. I'm a nice person.[00:13:00] As long as everybody does stuff my way. I'm so loving and nice, but I have this in- law who won't do anything my way.

Joan Claire Gilbert Esq.: It tests your lived values. Whether you're willing to step in, even in those circumstances where it's hard to stick to those values. I call that a way of being too. It's beyond being a skill set, it's also a choice. There's a choice involved as well. And that's the loving allowance is beginning to just choose to allow what happens and non- resistance doesn't always mean we accommodate everything. There's a distinction allowance versus accommodation, but that alone is freeing for many people. The idea of just lovingly allowing my in laws to be who they're going to be. They're coming from their own worldview of the way things should be and I'm not going to change that. I don't have control over their patterns of thinking that they developed from childhood and their parents. Begin to see that everyone is just in some way doing the best, given what they know and the beliefs that they developed in their life. It's not about you. They're holding to their own, ideas and the way things should [00:14:00] be. When you can begin to see that a little bit more, that everyone in some way is doing the best they can, given what they know, it gives a little bit more leniency for allowance, and even forgiveness.

M.J. Murray Vachon LCSW: Part of what happens often is then people are like, I guess I could do Christmas on the 23rd, exactly how I want to do it, with my own family. They become more flexible. They become connected to the reality of, oh, they're not going to change. But by God, I can change and in me changing, then I'm not being like them. Then with my children modeling for them. As a mother of adult children, the holidays is all about me being flexible, adaptive and coherent. It's about creating a plan every year that works and that isn't an easy thing, but if I had to have my way, they'd probably be calling you.

Joan Claire Gilbert Esq.: The only thing I would say is I see that what you're helping them do is come from a way of being . Once they decide what that way of being is, who is that person you want to model for your kids, [00:15:00] then the actions become much more clear. I want to come from this way of being. Okay. Given that, what kind of actions would you take from that place of being? That can be another way to navigate what to decide to do.

M.J. Murray Vachon LCSW: Often when we're loving, we don't really care if we're important. I want to be important is about the ego and there's nothing wrong with that, but I want to be loving is about the heart. Yeah. And the heart often quiets the ego.

Joan Claire Gilbert Esq.: Beautiful.

M.J. Murray Vachon LCSW: Okay. Here's the second, if it was a horse race, it would be very close on these two issues. My spouse leaves all the holiday preparations to me. In the early years of our marriage, I was fine with this. But now I am so resentful.

Joan Claire Gilbert Esq.: I don't want to ignore that they're feeling this resentment right now and acknowledge where they're at, where they're feeling. It's okay to feel resentful but you want to find a solution that helps you feel more free and loving and powerful. It's somewhat similar in many ways to the other, whether it's the spouse or the in- laws, right? Whether it's Christmas light hanging or how we give gifts. I think a lot of what we've shared already is applicable here.[00:16:00] Maybe something that we haven't covered yet is to make sure that I was in a place of internal calm within myself not have this conversation when I'm feeling triggered and angry and resentful. What's going to become of that conversation is probably going to lead to worse outcomes. When I've already practiced some deep breathing and some mindfulness and I see that my spouse is in a good space or set a time to do that when we're both in a good space hey, I'd really like to share from my heart how I feel about this. I've been doing this for years, and it's been great in many ways, and I would just love to have some support. An invitation to share how you truly feel with the other person. Especially if it's your spouse, this is not just your in laws, you know that you're dealing with maybe less frequently, but you live with this person. A lot of what we shared already applies directly here, the self-judgment and all that, how are you feeling triggered? Are you feeling my husband doesn't care? Okay, where did that develop? There could be some childhood stuff around that. I think when you're with your spouse, having a heart to [00:17:00] heart conversation where you can share how you feel, not in a judgmental attacking about the other person, but just coming from where you're at can invite a vulnerability and a softness that can help the spouse have a clear understanding of where you're coming from.

Joan Claire Gilbert Esq.: And in that space, there's often, opportunities that the spouse can see, oh, I didn't know that was important for you to have some support with that. Thank you for sharing. I'm not saying it will always go that way, but, I think if there's an importance to have these more open heart to heart

conversations where you share truly how you feel, not in an attacking way and see us as a whole, like we're a team here. This isn't pointing fingers. It's what do we want to create as a family this holiday? What would you love to create? What would I love to create? Maybe there's something in the middle that's even more beautiful than what I had envisioned individually and then be as a team,

M.J. Murray Vachon LCSW: I Love that you use the word team. I had never really thought of it in that way. [00:18:00] And I've had this a lot I think of it as an update. I want to punctuate that. You're talking a lot about her or him. Yeah. Though, I'm going to be honest. I've never had a him. I've only had hers who bring this. I'm sure there's a him out there. But the fact that you said team and you also encourage the person to prepare and for these, what I call fierce conversations, Instead of being passive aggressive and complaining .Preparing of taking breath and saying I want to be my best self. I call them updates. I want to give you an update, but also owning, cause this is a dynamic, right? Yeah. In the early years of our marriage, I was so excited about all these traditions. I took over, I did everything. And now I'd like us to be a team.

Joan Claire Gilbert Esq. : Yeah. Sharing honestly. Not in an attack mode. This is not about how I feel is how I feel. No one can argue with how you feel. You feel what you feel. It's about me and I'm sharing a possibility, a vision for [00:19:00] what I see would be more fulfilling, more beautiful, more enjoyable this holiday season. How does that resonate with you? What are you seeing here? Inviting that spouse that you feel is less involved with holiday decorations to share how they feel. Maybe they were like, Oh, I didn't even know that you cared. I just seemed so like angry at me all the time. I just wanted to avoid you.

M.J. Murray Vachon LCSW: It's very possible that the spouse has never even thought about holidays because they've all been done for them. And what's tricky is you invite someone to be a team member. They're going to come with their own ideas, their own things, and you got to be a team. But that's the update. If it's an update in the marriage, it's important to try to do it in a gentle, loving, connecting way, not blaming.

Joan Claire Gilbert Esq.: I don't know where blame works. I don't know where that ever works.

M.J. Murray Vachon LCSW: That's how people often end up coming for the consult because they really have tried blame because our brains go to blame first and then unclaim second, Oh, I'll just avoid it. And then it just grows bigger.

M.J. Murray Vachon LCSW: We have [00:20:00] about five minutes left but I want to pick your brain on those people who this season is really hard because of grief. I have a number of friends who've lost their spouses in the last year and I think of them pretty much every day of, wow, you've gone through Thanksgiving, now you're going through Christmas. Any thoughts on how they can take care of themselves?

Joan Claire Gilbert Esq.: Yeah, that's a deep but really powerful question. Going back to what we said, I think all the things that we've mentioned in this conversation are helpful. A lot of it that's coming up for me right now is being present to yourself, allowing some time to slow down, get out of the rat race and running around from shopping mall to delivering gifts or whatever you're doing. There's a lot of beauty in your gift giving and service that you might do for others during the holiday season as well, but make time to slow down and really be present to your feelings. I don't mean in a self-pity way, but more of a loving space within yourself to allow [00:21:00] yourself to feel and honor your love for your lost loved one and get connected to that. And there's a beauty in that. Grief is a very natural human process that everyone goes through at different points. It's not talked about as much because I think, there are strong emotions of sadness and they overcome and waves If you can in the same way that we described the allowance, just lovingly give yourself some quiet time to allow yourself to feel and journal and honor your love for your loved one. Is an act of love in and of itself and service to you, which helps you then be that for other people.

Joan Claire Gilbert Esq.: If you're bearing your grief in the holidays serving other people and you're not attending to you, then it's not going to be as pleasant and enjoyable and fruitful for everyone involved. So, serve others by first filling your cup and being present to your own emotions and take time to honor your loved one.

M.J. Murray Vachon LCSW: I think that's [00:22:00] so wise, but it's also counterintuitive in that it's really okay to have holidays throughout one's life, that for whatever reason, you can't do it the way you used to. You might be medically laid up. You might be grieving. What you're really saying is stay connected to the truth. Don't push yourself to pretend that you're not grieving.

Joan Claire Gilbert Esq.: Oh no, that doesn't work.

M.J. Murray Vachon LCSW: People do it and then it does escalate, right? Yeah. There'll be other years. It doesn't mean that you won't always miss that person or if you're sick, there'll be other years and you'll be well. I think it's

helpful to see this is one holiday. Everybody can have a holiday that's subpar. I'm not in a place this year to do all these parties. I'm not in a place this year to buy all these gifts. Especially when people are grieving, people all the time say What can I do? What can I do? What you can do is give me a lot of space this holiday [00:23:00] season.

Joan Claire Gilbert Esq.: Leave me alone.

M.J. Murray Vachon LCSW: Exactly. Leave me alone. For some people it may be different. I'd like to go for a walk with you, but it starts with that person. Just like you said. Asking themselves honestly, and this is very hard to do, for people who have loved holidays and celebrated them. But this is new. For many people, the first round of grief, if they've lost a parent, or a spouse, or a child. You've never had a holiday in this condition, and the only fair thing to do is to be clear what you need for yourself, and that's the gift you give yourself, and in the future you can give other people gifts.

Joan Claire Gilbert Esq.: And feeling okay to just ask people to be present and listen to you and maybe not give advice, but just Allow you to share where you're at feeling emotionally to allow you to be able to do that with yourself, in community as well with the person on a walk, as you mentioned, just, hey, can you listen how I'm feeling? I don't really need advice, but I just want to share what this person meant to me and how I'm feeling. I [00:24:00] really appreciate you, your presence to me, can look like that as well.

M.J. Murray Vachon LCSW: Just listen. No advice. When someone is grieving, there's nothing that can be done. We can't bring their loved one back. When people listen inward they know what they need. And if they need advice, they'll say, Hey, do you know a plumber or whatever they need advice on?

Joan Claire Gilbert Esq.: Most likely it's not the grieving. It's more of allowing people to grieve is what they need, allowing them to feel their emotions. There's a certain amount of space, that can be scary within yourself. If you're struggling with grief, You're not alone and it's something new to learn in some way. How to grieve in a loving way, I'd say also. A way to love yourself through the process of grief is a learning in of itself that you could begin to practice this holiday season.

M.J. Murray Vachon LCSW: Oh, I love that. Because we don't think about, oh, I probably should go to school to learn to grieve. There's no grief school. We don't know how to grieve until life asks that of us. Yeah. If people can be okay, don't know how to do this. This sucks. It's not what I want to

do.[00:25:00] I've probably done a lot of things I don't want to do that I thought sucked and now grief is what life is asking me to do.

Joan Claire Gilbert Esq.: And see that's a gift too because when you're grieving, you're deeply connected to love. If you're doing it the right way, if you're doing it the right way, you're more connected to your heart. If you're truly giving yourself that space, you're going to be more of a force of love and be able to be truly present to others. Please be present to you as much as possible so that you can be that for others, for your other loved ones that are still with you and your community and your coworkers and everyone else who is most likely going through some form of grief as well.

M.J. Murray Vachon LCSW: I love that you've flipped it to love again, which you're really good at. Sometimes people grieve someone who they loved that they didn't have a good relationship with. One of the beautiful things about that is you know what you didn't get, which now means that you know what you want to give. Especially with parents, people grieve., I wasn't close with one of my parents be clear that stay connected to that pain. That [00:26:00] you didn't get what you wanted from your parent, but you are a parent now. Now, you can learn how to give that to your child.

Joan Claire Gilbert Esq.: And give it to yourself, too.

M.J. Murray Vachon LCSW: You give it to yourself first. You can't give to someone else what you don't have. My mother- in -law won't let me bring a pie, but I could bake all the pies I want, and we could have Christmas. My mother or my father didn't give me this or this, but I can learn to give that to myself and then I'm going to give that to my children. So, this grief tends to be what I call generational repair. People do the best they can. We get the chance to pick up the baton and try to do a little bit better. And hopefully hand that to our children, which is a beautiful thing.

Joan Claire Gilbert Esq.: All this work , you could look at as generational repair. Another angle to look at the work we're doing and the importance of it. It's not wasting your time to do this work. I know it's not comfortable all the time, but it's connecting us all more deeply to love. So we can be that for others.

M.J. Murray Vachon LCSW: That's a great place to stop. I just met you through, my sister recommended you. She'd seen [00:27:00] some of the things you'd written, so it was really brave of you to say yes to a complete stranger.

Joan Claire Gilbert Esq.: I'm so honored You're not a complete stranger cause you live in South Bend where I went to law school. Thank you so much.

Joan Claire Gilbert Esq.: Here are my Inner Challenge insights.

Joan Claire Gilbert Esq.: Insight number one.

Joan Claire Gilbert Esq.: Did you find yourself a bit reactive to our thoughts about the rigid in-laws? Were you thinking, Hey MJ and Joan Claire, you're not seeing how unfair these types of situations are. I agree. Such rigidity is unfair. Actually, Joan is a lawyer. If we took this to court, most of the people who have consulted with me over the years would probably win. But the courts are too full for tussles about pecan pie and gifts. If you're in a situation like this, I really do feel for you. But our suggestions today are really to help you cultivate mental wellness. You know, silent night and peace on earth. It's your choice. You can call a lawyer, but maybe what you need is a life coach. [00:28:00] Feel free to reach out to John Clare for a complimentary call, at Joan Claire coaching.com. You can also learn more about her work in today's show notes.

Joan Claire Gilbert Esq.: Insight number two.

Joan Claire Gilbert Esq.: I invite you to consider doing deeper work. We often want the quick fix. But to sit with someone and try to understand our reactions, our ruminations, where our pain and anger comes from is that nearly as awful as most people think. Trust me, you are fascinating. Isn't it a shame, if in your one life, you don't plummet your depths a wee bit.

Joan Claire Gilbert Esq.: Insight number three.

Joan Claire Gilbert Esq.: Drop into your body. I for one have never heard that expression before. Drop into your body. Just saying it is calming.

Joan Claire Gilbert Esq.: . Insight number four.

Joan Claire Gilbert Esq.: Perhaps, some of you are saying, come on m Jay, who does breath work before they say something of importance to their spouse? [00:29:00] Isn't this the one person you can be yourself with? Unfortunately, I think this is often true. It's easy to give our spouse our worst self? Searching for a Christmas gift for your honey? Maybe this is the perfect gift. One year where you think before you speak. You calm yourself and ask for your needs directly. And you commit to being your best self at home. Now, that is a gift that will cost you.

Joan Claire Gilbert Esq.: Insight number five.

Joan Claire Gilbert Esq.: I loved how John Clare used the word allowance. It made me think of when my children received an allowance for when they did chores. Receiving their allowance often made them very intentional on the best way to spend their hard-earned money. Emotions are part of the work of being human. Often, they are hard work. We could probably learn from our children, to be a bit more intentional and attentive when we think about our [00:30:00] emotional currency. Imagine the return on our investment for such an allowance.

Joan Claire Gilbert Esq.: Insight number six,

Joan Claire Gilbert Esq.: For those of you who are grieving, Joan Claire's words are a gift. Make time to slow down and be present to your feelings. Create a loving space within yourself to allow yourself to feel and honor your love for your lost loved one. Be open to the beauty of

Joan Claire Gilbert Esq.: this love.

Joan Claire Gilbert Esq.: As you move through the holiday hustle and bustle. Drop into your body. Again, And again, And again, This. Is your Inner Challenge.