

PATIENCE and ANGER

By Donna Deos

Patience...

is a virtue that we sometimes don't have! I know, because it happens to me too and I see it frequently in others.

At this time of the year especially our stress levels rise causing our emotions to more easily flow and our patience to decrease. Since this is happening to each of us this makes it even more important to remember the word patience.

We need to have patience with ourselves, with each other, with the long lines in stores, and with the person on the road in front of us who seems to have no clue where they are going. We also need to have patience with our loved ones who appear to be having mood swings.

When you feel your blood pressure rising and the anger boiling up inside you, I hope you will think of this little reminder and say "yes, I need to take a deep breath. Whatever is bugging me right now is temporary and in the greater scheme of things, not really such a big deal." Please try not to use angry words toward the other person. It will not help either of you. Neither will hand gestures. These things only escalate situations. We all know this and yet somehow, in the moment, we cannot help ourselves. Yes, I too can be guilty as charged. You know you are too. Sometimes we need a reminder that the "inside our head voice" is better used there than the "outside our head voice" and, yes, we all slip up sometimes. Forgive yourself and others when these leaks happen. In addition, the older we get, the more this seems to happen so when Grandma has "lost her filter" please know she does not mean to hurt your feelings.



Sometimes this can be humorous as well as the ones without filters tend to say aloud what our "inside our head voice" is thinking, which can be very funny indeed! (Unless you are the one the leak offends).

This is also a time of year where we miss our loved ones who are either far away or on the other side now. It is okay to miss them. It is okay to wish they were still here with you. It is also perfectly fine to enjoy the time you spend with the friends and loved ones still here. Sometimes we feel guilty enjoying ourselves when we think we should be sad – or vice versa. We do not need to feel guilty for our feelings. We need to embrace them and move through them. That is what they are for: to help us become better people and let go of things that we no longer need to hold onto.

Along that same vein, please do not tell other people how they should be feeling. Everyone is entitled to their own feelings. Just because we prefer them to be happy does not mean that is what they really need to be feeling right now. It is not about us and our wants and needs. It is about everyone's own wants and needs. Please allow others to feel what they need to. This is how they heal and can get back to the

Giving you confidence and control in life's toughest situations.

Call Now!


Donna Deos, LLC
 Spiritual Teacher & Transitions Specialist

Counseling, Coaching & Education
 for senior citizens and their adult children regarding the challenges of aging

603-224-4178 www.donnadeos.com 1-855-772-2622

person we all want for them to be again.

Okay, so please be patient. I know it is hard. I know that on one hand I'm telling you to feel your feelings and anger is a feeling; and on the other hand I am saying try not to be angry. This is because anger is just not one of the feelings that suits folks well over the long run. Anger is an emotion that is best to recognize and address right away. You can overcome anger when you turn your attention toward calling it out for what it is. Then you can say, "yes, that makes me angry, but is that really what I want to feel?" Or, do I want to take a deep breath, realize that whatever made me angry is not worth it and move on?

Long ago I was told "if someone has a problem with you, that is their problem." It took me a long time to embrace that one. The flipside to this is that if you have a problem with someone or something that is your problem. Yikes, right?! Being angry with them is not really the issue then is it? Some other issue needs to be dealt with so you can no longer let the anger occur. I find that most times I come to this point I look at myself and say, okay so is it worth it then? What do I need to get over so this person no longer pushes my buttons? When you


figure that out and can let it go, you solve the issue.

If you need help with this, let me know. I am happy to help you or refer you to a therapist who can!

Good luck exercising patience this holiday season! I wish you all the best, as always.

Fondly,
 Donna

WHITE ROCK NEWS



**"Happy Hookers"
 Knitting Club
 Meets at 9:00 AM
 Tuesdays
 at White Rock**

**Merry
 Christmas**



It's been 88 years
 Since We First
 Opened our doors &
 Grevior Furniture
 is celebrating
 all year long!

Our 88th Year
 Over 35,000 Square Feet of Fine Furniture










440 Central St. Franklin, NH
603-934-4159

M-F 9:30 am - 5:30 pm
 Sat 9:30 - 5 pm
 Sun 11 am - 4pm

Catch a Great Holiday Price When You Shop at Grevior Furniture