

New Self News

December 2009 ■ www.newselfrenewal.com



6300 Enterprise Lane ■ Madison, WI 53719 ■ 608.310.6775 ■ info@newselfrenewal.com

December Specials

Gift Certificate Sale: Save 25% off gift certificates in-store and online (up to \$200 in value)

Spa: Get a Chocolate Peppermint Deluxe Pedicure or Deluxe Manicure & receive a FREE Paraffin Wax

Cafe: Taco Salad for \$4.50 (ground beef, tomato, shredded cheddar & black olives on a bed of spring mix with salsa to top it off)

Specialty Drink of the Month: 16 oz. Italian Eggnog Latte OR Eggnog Chai Latte for \$3

Members receive significant discounts on spa services & save 10% on café items!

Visit www.newselfrenewal.com for a complete cafe menu & list of spa services.

New Self Renewal Center's Holiday Bazaar

Wednesday ■ December 2 ■ 4-7 pm

Finish your holiday shopping at New Self Renewal Center!
Various small business owners will have items on display & for sale.

Vendors include: Bagolita purses ■ MinervaGrey ■ Jockey ■
New Self Lotions, Candles & Scrubs ■ Pampered Chef
Stampin' Up ■ Wildtree

Patrons can purchase gifts,
enter to **WIN DOOR PRIZES**,
mingle & enjoy **FREE COFFEE**.
Tours of New Self Renewal
Center will be available.

www.newselfrenewal.com

Plus...

FREE mini manicures
& **FREE** chair massages
will be available on a
first-come, first-served basis.
FREE childcare will be
provided in Kid Corner.

**New Self will be closed
December 24-26 & January 1.
Happy Holidays!**

■ ■ ■ Events ■ ■ ■

Madison's Biggest Loser

New Self's Biggest Loser Team was featured on NBC 15 News again in November. Visit our website to view the video and to see the final results of the contest as Madison's Biggest Loser is announced on December 7. Congratulations to all participants!

Parenting with Love & Logic Seminar

January 30 ■ 9:30-11:30 am

Mark your calendars for this informative seminar led by New Self member Kathy Priem. Cost will be \$10 per person for members, \$20 per person for non-members. Childcare will be provided. Class size is limited. Call 310-6775 to register.

Tip from Our Nail Specialist:

Benefits of Paraffin Wax

Paraffin Wax soothes and moisturizes the skin, opens pores, increases circulation and promotes a sense of calm. Paraffin wax also helps with arthritis, stiff joints and dry skin. I recommend getting a Paraffin treatment with your spa services, especially in the winter months as skin tends to get more dry and chapped.

Tips for Preventing Holiday Stress

www.mayoclinic.com

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's okay to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to

Still Time for the Holiday Hustle!

November 30 - January 9

Be proactive during the holiday season with this 6-week program designed to help you stay on track! Plus 25% of proceeds benefit local food pantries!



For \$60 you receive:

- A 6-week membership to New Self*
- Holiday Hustle Food/Activity Journal
- 10 Quick & Essential Moves workout complete with photos

*Current New Self members can purchase the Food/Activity Journal for \$10

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Looking for those small but sweet gifts for your children's teachers, babysitters and bus drivers? Here are some fun, inexpensive options to let them know you are thinking about them!

gifts under \$20

\$17 **FIT GIFT: INJINJI performance ToeSocks ▪ Sport Beans ▪ Twisted Bar ▪ NEW SELF water bottle**

\$15 **WATER BOTTLE of HAPPINESS: O·P·I Nail Polish ▪ Empoword™ Window Cling ▪ DOVE® BITES ▪ NEW SELF water bottle ▪ Hand Lotion**

\$15 **SHIRT & SIP: Empoword™ T-Shirt (Giggle or Balance) ▪ NEW SELF water bottle**

\$2 **EMPOWORD™ WINDOW CLINGS: SEE IT, THINK IT, BE IT.** Window clings come in Balance, Strength & Focus. For your car window, refrigerator or even the bathroom mirror!

FIND THESE & MUCH MORE AT shop.newselfrenewal.com

Holiday Showdowns: The Couple, The Family, The Stress

by Don Ferguson, Ph.D. ▪ Infinite Relationships, LLC ▪ www.inrelationships.com

Have you been dreading the holidays and can you already feel your tension beginning to peak? Is it just all the work and preparations or is yours one of the many, many families where holidays test some strained relationships? I work with many couples who fall into annual battle as they prepare for the holidays. What should be a festive family experience becomes a source of worry, tension and conflict. How many hours do we spend with each family? Why do your parents always have to criticize my cooking? Why does the house, food and everything have to be so perfect and why do you always get so angry about the slightest thing? Your uncle creeps me out when he has a few drinks in him. Why is your family more important than my family? And so on.

People often feel completely pulled apart, ignored and betrayed during such conflicts, often with the idea that the partner is choosing their parents, friends or extended family over the marriage. How are you supposed to look forward to the festivities when you expect the outcome to be that you will be hurt? Many partners are so primed for this fight that the very first mention of the holidays, puts them on edge and it goes downhill from there.

Here is the key and it is a very simple one. Begin with what you and your partner need from each other to have a good time. How will you each get some enjoyment out of the holidays and what could get in the way of this? To do this you will need to break down any negative issues into small parts. You may both agree that driving all the way to Chicago to visit your parents is difficult but

you look forward to it and your partner does not. What are the critical issues in this scenario? Is it the time away from home, the winter driving, the relationships with specific family members or simply that your partner wants to do something else? If you are clear on what part of this is most challenging, then the two of you might conspire together to handle this differently than you have before.

Forget about whether either of you should feel the way you do and instead brainstorm ways of doing things just a little differently this year. Perhaps, if your parents say something negative about your partner, you will simply go over and sit close to him, to reinforce that the two of you are a team. Maybe this year on the way to or from a family visit you stop off half way at a restaurant or other place for a treat. If holiday shopping gives one of you a monster headache and you both end up tense and angry, perhaps you plan together a new shopping strategy this year which makes it easier. It is these small interventions that make the most difference when complicated family issues arise. The focus becomes on what you want instead of what you don't want or which one of you is right. You may find that there is a brand new family tradition waiting for you, your spouse and your children, one which will be special for your household. Happy holidays! ▪

Don Ferguson, Ph.D., psychologist and marriage counselor, has worked with couples for over 25 years and authored *Reptiles in Love*, which describes his approach while also providing tips for couples to use at home. Infinite Relationships offers marriage and relationship counseling, couples groups, workshops and seminars on marriage and health related issues, including the "Bringing Baby Home" program, researched and designed by Dr. John Gottman.

Tips for Preventing Holiday Stress ▪ continued

remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional. ▪

♦♦♦ Fitness Classes ♦♦♦

Monday

10 am - Fitness Menu
12 pm - Cardio Power Hour
1 & 5 pm - Circuit Surprise!

Tuesday

8 am - Senior Exercise Class
8:30 - 10:30 am - Fitness Menu
1 - 2 pm - Fitness Menu
5:30 pm - Zumba

Wednesday

8 am, 9 am & 1 pm - Circuit Surprise!
9 - 11 am - Fitness Menu

Thursday

8 am - Senior Exercise Class
8:30 - 10:30 am - Fitness Menu
1 - 2 pm - Fitness Menu
5:30 pm - Zumba

Friday

8 am - Circuit Surprise!
9 - 11 am - Fitness Menu
11 am - Flow Yoga
12 pm - Cardio Power Hour
1 - 2 pm - Fitness Menu

♦♦♦ Business Hours ♦♦♦

Monday-Thursday

Fitness: 6 am - 8 pm
Café: 6:30 am - 6 pm
Kid Corner: 7:30 am - 7 pm

Friday

Fitness: 6 am - 7 pm
Café: 6:30 am - 4 pm
Kid Corner: 7:30 am - 4 pm

Saturday

Fitness: 7:30 am - 4:30 pm
Café: 8 am - 1 pm
Kid Corner: 8:30 am - 1 pm

Closed Sundays & Holidays