



Giving The Free Gift of Serotonin - The Present of Your Presence

Holidays or holiDAAAZE!!!!? Here comes the one big "DAZE" of the overwhelming rush of holiday overwhelm. We look forward to this all year. Are we crazy or what!!!? I, too, am feeling more over-whelmed than usual and totally behind from a busy fall with speaking and coaching clients and having a little minor surgery in November! As I lay in my bed at night just "feeling" this sinking feeling of overwhelm I asked myself, "What do I need right now?" The answer! I need Dana! I need Dana!

My friend Dana

Dana is my friend who delights in each minute of her life. She lives in the now, always with a smile on her face and a question being asked. "When are we going shopping Chere?" "Can we go to Caribou for a coffee?" "Can we play Go Fish?" Because she lives in the now every minute is lived in; she doesn't miss a minute. When you are with Dana you forget your worries, your big to do list and sometimes even your name!! Because Dana energizes you with her innocent BIG love of life! Dana is 18 and was born severally mentally impaired. However, the word "disability" doesn't mean inability. In fact she is all about "ability!"

Last Friday I asked Dana if she wanted to decorate my Christmas tree. Of course! She loved looking at the ornaments and asked many, many questions about them. Her questions brought back my treasured memories of who gave me the ornament or the trip I was on when I got it. Dana and I decorated the tree for an hour or two...no more. She wanted my Disney ornaments that I did treasure but knew Dana would treasure them more. Dana left with a bag of ornaments, but she also left me with the gift of goosebumps and feeling good. We shared our present of our presence. Dana and I shared the gift of serotonin. What the heck am I talking about? I'll explain.

Serotonin

Serotonin is a chemical in your brain that is related to feeling good. (Feeling good for me is grand goosebumps.) When you are depressed, or sad, you often have low levels of serotonin. Research has shown that when you are on the "receiving end of goodness" your serotonin levels actually rise. However, the better news is that when you deliver your "goodness or gift of YOU," your serotonin levels also rise almost equally. When you increase your serotonin levels, you lower your stress levels and actually increase your inner peace and joy. So if you are feeling dazed by these supposed holidays, give yourself the best gift — the gift of serotonin to yourself and to others.

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Gift of Serotonin – Sharing your Presence of Being Present Five Gifts that Don't Cost a Cent

The Gift of Listening

You must really, really listen. No interrupting, no daydreaming, no getting ready to answer. Tell a special person you want to add value to their life and want them to talk for 5 minutes and you will just listen. (Gary loves this one...he is the husband who says, "You gave a talk today and talked to clients today and still need to talk to me?")

The Gift of Affection

Be generous with appropriate hugs (look out serotonin), a pat on the back, or a high five. If the person is not a great friend or family, ask, "May I give you a hug?" No one has ever said "no" to me. Do you love hugs? Maybe you love serotonin?

The Gift of Solitude

Sometimes even "Chere who loves chaos" wants to be left alone. Be sensitive to people you care about and give them the gift of quiet and solitude. Wrap up a gift certificate, with the words, "One afternoon of solitude — day and time selected by you."

The Gift of a Written Note

Handwritten notes are a thing of the past. Write a "thank you for being born" note to someone special that you care about or love. Can't think of what to write? Write a top ten list of why they are special to you or why you love them. This quick note that you will write may be remembered for a lifetime or may even change a life. Imagine that!

The Gift of Your Presence

Give the gift of your energy and time to someone who you care about but you are too busy to show it. Offer to go grocery shopping, babysit the kids, make an extra batch of your favorite cookies, invite them over on the spur of a moment for a glass of your favorite wine . . .

The gift list is endless!! This holiday season share the present of your presence. At the same time, you'll boost your own serotonin levels and have the most joyful holiday season of your life.

I wish you, my dear Taste Life reader, the most "savory serotonin goosebump" filled holiday season of your life. Remember life is a gift, IF you take the time to open it!