Woman's World

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What your favorite fullmal Long says about you!

If you'd rather hear "Silent Night" than "Blue Christmas," it's no accident, says psychologist Pauline Wallin, Ph.D. "The song you love best offers insights that can help you feel more joy—not just during the holidays, but every day!" Here, what it means if your favorite is a ...



Popular classic

like "Rudolph the Red-Nosed Reindeer"

like "The Chipmunk Song"

You're an individualist!

anyone too seriously. But that

doesn't mean you're frivolous

and crack a joke! Inducing

laughter will give everybody

an endorphin rush that cuts

the tension in seconds!

You're in touch with your inner child!
"Some people get cynical as they get older, but not you,"

says Debra Mandel, author of Turn on Your Inner Light. You still believe in the impossible!"

* For more joy: Indulge that childlike sense of wonder by checking out the holiday windows or taking a child to see Santa. Studies reveal that maintaining a youthful outlook is an effective way to defuse stress!



Traditional religious carol like "Silent Night"

You're resilient!

You're able to tap into your deep hope and faith whenever you hit a rough patch. In fact, faith-be it in a higher power or the essential goodness of mankind-is linked

to emotional strength!

No matter what your favorite holiday song is, studies show that singing or humming it instantly shifts your mood from frazzled to festive!

For more joy: Do a small act of kindness, like dropping off gifts at a homeless shelter. You'll get a "helper's high" that boosts your mood and makes you feel more empowered.

se "Have Yourself Merry Little ristmas"



You adore time-honored holiday traditions and stop at nothing to make Christmas magical for your family.

Display photos from celebrations past. Should one of your holiday plans fall through, a glance at the pictures will ease your disappointment and remind you that you're a pro at creating happy memories, says Wallin.

Traditional rousing carol

like "We Wish You a Merry Christmas"

You're a bundle of enemy The busier you are, the happier you feel . . . and the more you accomplish! No wonder others often call on you to pick up their holiday slack.

❖ For more joy: "Take a

minute out of that busy schedule to call a pal you've lost touch with," Wallin sug-gests. Renewing an old friend ship is a fun way to spread joy and keep your fuel tank full!



Country Christmas classic

You're down-to-earth!

Forget pricey presents and fancy foods! Sharing a good meal and good conversation with loved ones is your priority.

* For more joy: Preserve more energy for your guests by hosting a pot-luck bash that takes the pressure off you. And

don't worry about making everything spick-and-span. A few eye-level touch-ups will clear any mess your company is likely to see!

like "Blue Christmas"



-Barbara Hustedt Crook

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