



As we get closer to the “BIG” day, I found this poem that I thought would be appropriate to put things in perspective. Mental health is just as important as physical health!

MAGIC’S IN YOU - BY LYNN DURHAM

The holidays were approaching
My blood pressure was up.
No one was happy,
Not even the pup.

I felt pressure and frantic;
Had not started the baking.
Worst of all was the state
Of things I was making.

I need gifts by the dozen
To find, wrap and label.
That doesn’t include mailing
Or decorating the table.

My breathing got rapid,
My pulse started pounding;
I stopped for a minute,
A small voice was sounding.

“Be aware of your needs,
Start to feel all your feelings;
Nurture yourself and eat well,
You need balance for healing.”

“Accept what is Present,
Let go of the Past;
You’re important as well,
Don’t put yourself last.”

Look over your duties.
Keep what’s important to you;
Tampers with traditions
In the celebrating you do.

Look carefully with Love,
Gratitude’s a must.
If you look at what’s missing,
Then your attitude – adjust.

Use your Heart as a guide,
And just stop to listen.
Awake, Breathe, Create,
The Magic will glisten.

Love’s not in the package,
The lights or the toy,
It’s in Peace and in Kindness,
Smile – You’ll find JOY!



**The Medical
Center of Plano**