



# VILLAGERS' NEWS

3505 16th Street, NW, Washington, DC 20010, [www.kaylasvillage.org](http://www.kaylasvillage.org), [kaylasvillage@aol.com](mailto:kaylasvillage@aol.com), (240) 292-8773 **December 2019**

## Stress-Free Family Holidays Month

A healthy way to move past feelings of stress, depression, and sadness is to use that energy in a positive and constructive manner. By focusing on others, you teach your children how to activate their altruistic sense of compassion and goodwill. Acting on these feelings through random acts of kindness, you and your children reduce stress and replace it with the warm glow of satisfaction.

During this time, watch your children for typical signs of stress, which may include wetting the bed and other forms of regression, changes in eating habits, changes in grades and school behavior, and crankiness as they are overtired from rushing about from place to place.

Tips for making the holidays less stressful:

- Simplify your life by using a "To Do" list and removing things not necessary.
- Find shortcuts with meals and other holiday preparations.
- Only accept invitations that you are honestly excited to attend and politely decline the rest.
- Make time to de-stress such as by taking a quiet, warm bath using candlelight and aromatherapy as a time out gift to yourself.
- Take your children to volunteer at a shelter together as a family.
- Gather blankets and food to donate to families in need.
- With your children, make personalized gifts for friends and relatives.
- Talk with family elders about how they celebrated the holidays in their youth. Life is a collection of memories, and children love to hear the happy and fun experiences that make up the moments of their family history.

The memories you make with your children are really what life is about and relationships with others are the key to those memories. Once you simplify your life and manage expectations, you can focus on what you find really important: family, community, compassion, and togetherness.

By taking the focus off the commercialism of the holidays, we help reduce the stress in our lives, and in turn, help our children enjoy a stress-free holiday season that is full of meaning and memories.

### *Training Comments ~*

"I enjoy Kayla's Village trainings — interactions, topics, and presented by professionals in the field."



"Harvey Schweitzer is an excellent presenter and his style to promote thinking and questions. Love it!"

## Board Members

**Scott Perry, Chair**  
**Vera Johnson**  
**Tonya Logan**  
**Michelle Neal**  
**Samuel Tramel**

## Editor

**Janet Holmes**

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*"The more unexpected something is, the more there is to learn from it."*

*~Michael J. Fox*

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## Did you know?

- ◆ A lobster's blood is colorless, but it then turns blue when exposed to oxygen
- ◆ 85% of plant life is found in the ocean
- ◆ Rabbits like licorice



## Clean Humor



## Conversation Starters

### Thought-Provoking

If you could have a super power, what would it be and why?

### Values and Character

Why is it sometimes hard to make the choice to be kind?

### School/Work

How do you manage your work so you may be proud of the result?

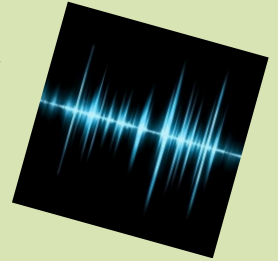
### Emotions

Is it okay for people to cry when they are upset? Why?

## TV-Free Activity: What's that Sound

Make a sound for your child to identify. You might use categories like animals, vehicles, things around the house, etc.

Switch roles.



## Ways to Help Us Help Others

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\$25.00 for FREE events

\$100.00 for PAID events

# Seminars & Events

[http://  
kaylasvillage.org/  
seminars\\_\\_events](http://kaylasvillage.org/seminars__events)

*Current villagers receive  
\$10.00 off future training  
once referral attends.  
Mention at training so  
card may be mailed.*

Columbia, MD  
December 13, 2019  
"Cultural Competence"

Silver Spring, MD  
December 18, 2019  
"Sick and Tired of  
Being Sick and Tired"

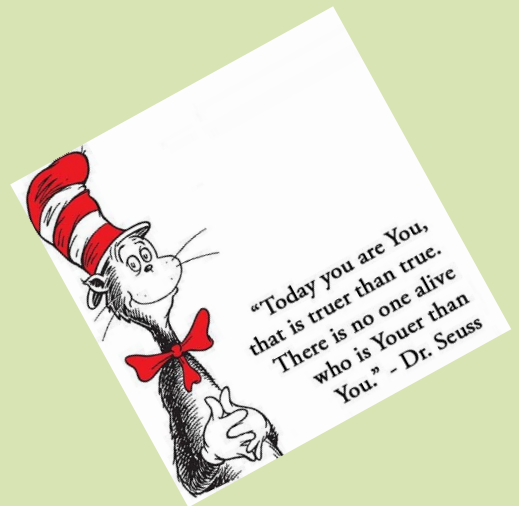
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## Inspiration

**Video:** *The Death Crawl*  
from "Facing the Giants"  
[https://www.oberlo.com/  
blog/23-inspirational-videos  
-will-completely-blow-away](https://www.oberlo.com/blog/23-inspirational-videos-will-completely-blow-away)



### Stories:

#### *"Stop Wasting Your Time Complaining"*

People visit a wise man complaining about the same problems over and over again. One day, he decided to tell them a joke and they all roared with laughter.

After a few minutes, he told them the same joke and only a few of them smiled.

Then he told the same joke for a third time, but no one laughed or smiled anymore.

The wise man smiled and said, "You can't laugh at the same joke over and over. So why are you always crying about the same problem?"

#### *"Learn from Your Problems"*

A man's favorite donkey falls into a deep precipice. He can't pull it out no matter how hard he tries. He therefore decides to bury it alive.

Soil is poured onto the donkey from above. It feels the load, shakes it off, and steps on it. More soil is poured. The donkey shakes it off and steps up. The more the load was poured, the higher it rose. By noon, the donkey was grazing in green pastures.

# Supporter Spotlight: Laurie Ellington

Zero Point Leadership is a science-based personal and leadership learning and development organization with a mission to upgrade human interactions and expand consciousness. They provide coaching and learning solutions for people and systems who want to cultivate self-mastery skills and facilitate positive transformation. They take an Integrative NeuroSomatic approach to their work, which involves using cutting edge discoveries while connecting the fields of modern neuroscience, mind-body research, stress resilience, quantum science, and human development to help people create change from the inside out.



Laurie was born in Eugene, Oregon, and grew up in Jamestown, Tennessee. The challenges she experienced as a child triggered a deep curiosity for understanding human behavior and the nature of reality, causing her to want to study how to help people change. These various experiences provided Laurie with many opportunities for developing resilience, as well as a desire to make a positive difference in the world by increasing compassion, mindfulness, and a collective connection to a deeper understanding of what it means to be human. Witnessing people heal and wake up to whom they really are, and giving voice to those who we do not hear.

Laurie sees herself as a spiritual being having a human experience and would say she is working to be on the path of a yogi. As an extrovert, she loves to connect, laugh, and be in service to others... while craving solitude. Yoga, being in the woods, researching, reading, and studying how people and the world around us works intrigue Laurie. Currently, she is in a doctoral program studying mind-body medicine, integrative and functional nutrition, and mindful leadership. To take care of herself, Laurie practices yoga, spends time with friends, watches movies, reads, dances, spends time in nature, meditates, sleeps, exercises, focuses on nutrition, and practices gratitude. One little known fact is that Laurie survived a bear chasing and she loves red wine.

For about 10 years, Laurie has been affiliated with Kayla's Village. She said, "I am so grateful for the heart-based work Tonya so generously offers our community. Her personal journey and her commitment to making the world a more caring place make Kayla's Village a unique place for those who want to help others heal." Laurie's favorite quote is by Rumi, "The universe exists inside of you. Ask all from yourself."

**DON'T LIMIT YOUR  
CHALLENGES.  
CHALLENGE YOUR  
LIMITS.**

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*Recommended by Tonya Logan*

**Electrician**

Ron Warrick, (301) 672-2003

**Exterminator**

Louis, (301) 418-5995

**House Cleaning**

Martha Argueta, (240) 781-9752

**HVAC**

Todd Kornegay, (301) 219-2803

**Water Purification**

Lew Martin, (301) 401-2257

**Yard Work/Snow Removal**

Marvin Duarte, (240) 370-1523