



# PRESTON HOLLOW

## Early Childhood Association

IN ASSOCIATION WITH THE TEXAS AND NATIONAL PTA

11

January

### JANUARY MEETING

Please join us after the for our January meeting on January 23rd at 9:00am at Cochran Chapel United Methodist Church!

Located at the Southwest Corner of Midway & Northwest Highway

Our speaker Kellyn Laurinski will be conducting a Women's Self Defense Lesson so please wear comfy clothes and be ready to practice what we learn!



### At a Glance

January 10—7:00pm

Mom's Night Out

**CANCELLED**

January 23—9:00am

General Meeting

Cochran Chapel United Methodist

February 9—7:00pm

Mom's Night Out

Wine Tasting—Details to follow

February 13—4:00pm

Children's Party

### NEW YEAR, NEW YOU?

In honor of the season of resolution, I thought I'd share these thoughts from Gretchen Rubin, author of the blog and book *The Happiness Project*. I am currently reading very slowly through the book itself and wanted to share some of her "nuggets" of wisdom from her research about happiness. I'm not sure it's actually making me "happier" per se, but I do find her research and musings to be quite interesting and insightful. I wish you all a very happy 2012, here are 10 tips, courtesy of Gretchen Rubin from her website [www.happiness-project.com](http://www.happiness-project.com):

These aren't necessarily the most essential tips for being happy -- I tried to include strategies that might not otherwise occur to people. So, for example, "helping other people" isn't listed, even though it's one of the best ways of boosting your happiness.

1. **Don't start with profundities.** When I began my Happiness Project, I realized pretty quickly that, rather than jumping in with lengthy daily meditation or answering deep questions of self-identity, I should start with the basics, like going to sleep at a decent hour and not letting myself get too hungry. Science backs this up; these two factors have a big impact on happiness.

2. **Do let the sun go down on anger.** I had always scrupulously aired every irritation as soon as possible, to make sure I vented all bad feelings before bedtime. Studies show, however, that the notion of anger catharsis is poppycock. Expressing anger related to minor, fleeting annoyances just amplifies bad feelings, while not expressing anger often allows it to dissipate.

#### REMINDER:

Be sure to make a reservation if you need childcare for our January meeting.

**Location:** Childcare is available on-site at Cochran Chapel UMC  
**Hours:** 8:45 to 11:45 (cut-off for drop-off is 9:30)

**Coming Soon—Reservations by Evite**

## NEW YEAR, NEW YOU? Continued...

3. **Fake it till you feel it.** Feelings follow actions. If I'm feeling low, I deliberately act cheery, and I find myself actually feeling happier. If I'm feeling angry at someone, I do something thoughtful for her and my feelings toward her soften. This strategy is uncannily effective.

4. **Realize that anything worth doing is worth doing badly.** Challenge and novelty are key elements of happiness. The brain is stimulated by surprise, and successfully dealing with an unexpected situation gives a powerful sense of satisfaction. People who do new things — learn a game, travel to unfamiliar places — are happier than people who stick to familiar activities that they already do well. I often remind myself to “Enjoy the fun of failure” and tackle some daunting goal.

5. **Don't treat the blues with a “treat.”** Often the things I choose as “treats” aren't good for me. The pleasure lasts a minute, but then feelings of guilt and loss of control and other negative consequences deepen the lousiness of the day. While it's easy to think, I'll feel good after I have a few glasses of wine...a pint of ice cream...a cigarette...a new pair of jeans, it's worth pausing to ask whether this will truly make things better.

6. **Buy some happiness.** Our basic psychological needs include feeling loved, secure, and good at what we do and having a sense of control. Money doesn't automatically fill these requirements, but it sure can help. I've learned to look for ways to spend money to stay in closer contact with my family and friends; to promote my health; to work more efficiently; to eliminate sources of irritation and marital conflict; to support important causes; and to have enlarging experiences. For example, when my sister got married, I splurged on a better digital camera. It was expensive, but it gave me a lot of happiness bang for the buck.

7. **Don't insist on the best.** There are two types of decision makers. **Satisficers** (yes, satisficers) make a decision once their criteria are met. When they find the hotel or the pasta sauce that has the qualities they want, they're satisfied. **Maximizers** want to make the best possible decision. Even if they see a bicycle or a backpack that meets their requirements, they can't make a decision until they've examined every option. Satisficers tend to be happier than maximizers. Maximizers expend more time and energy reaching decisions, and they're often anxious about their choices. Sometimes good enough is good enough.

8. **Exercise to boost energy.** I knew, intellectually, that this worked, but how often have I told myself, “I'm just too tired to go to the gym”? Exercise is one of the most dependable mood-boosters. Even a 10-minute walk can brighten my outlook. Having trouble sticking to your exercise regimen? Here are [12 tips for staying motivated to exercise](#).

CONTINUED ON PAGE 3

## BOOK CLUB

Our next meeting will be on **January 9th.**



We are reading

*Half Broke Horses* by Jeanette Walls

For November we read

***Cathedral of the Sea* by Ildefonso Falcones**

The reviews were positive:



### SCHEDULE:

Feb 13 ~ Major Pettigrew's Last Stand by Helen Simonson

Mar 12 ~ Someone Knows My Name by Lawrence Hill

We meet on the 2nd Monday evening of the month at the Neuhaus Cafe at 7:30pm.

Please RSVP at [info@phccepta.org](mailto:info@phccepta.org)



## NEW YEAR, NEW YOU? CONTINUED FROM PAGE 2...

9. **Stop nagging.** I knew my nagging wasn't working particularly well, but I figured that if I stopped, my husband would never do a thing around the house. Wrong. If anything, more work got done. Plus, I got a surprisingly big happiness boost from quitting nagging. I hadn't realized how shrewish and angry I had felt as a result of speaking like that. I replaced nagging with the following persuasive tools: wordless hints (for example, leaving a new light-bulb on the counter); using just one word (saying "Milk!" instead of talking on and on); not insisting that something be done on my schedule; and, most effective of all, doing a task myself. Why did I get to set the assignments? I found it hard to give up nagging—in fact, I came up with 19 strategies to try to cure myself of the nagging habit.

10. **Take action.** Some people assume happiness is mostly a matter of inborn temperament: You're born an Eeyore or a Tigger, and that's that. Although it's true that genetics play a big role, about 40 percent of your happiness level is within your control. Taking time to reflect, and conscious steps to make your life happier, really does work.

Happy New Year!

Amy Ratterree

As many of you know, one of our beloved members, Amy Jo Secker, lost her husband Danny last week. In the midst of this unimaginable tragedy, we have set up a couple ways to help the Secker Family. We have now set up additional support capabilities to help her with the kids over the next few months:

- 1) Play date schedules for Levi
- 2) Adult Helpers in the evenings to help around the house
- 3) A meal calendar to help out with food

Food Tidings/Meal Calendar

[http://www.foodtidings.com/SignUp.aspx?](http://www.foodtidings.com/SignUp.aspx?ScheduleGuid=0b5753a6-0c0e-44eb-b3ba-6bc619f28f94)

[ScheduleGuid=0b5753a6-0c0e-44eb-b3ba-6bc619f28f94](http://www.foodtidings.com/SignUp.aspx?ScheduleGuid=0b5753a6-0c0e-44eb-b3ba-6bc619f28f94)

Care Calendar: Play Dates and Adult Helpers

<http://carecalendar.org/logon/98745>

CALENDAR ID: 98745

SECURITY CODE: 3059

If anyone has any questions, ideas or suggestions, please email Amy Ratterree or Jamie Son.



Lower School  
Admission Previews:

October 12

October 18

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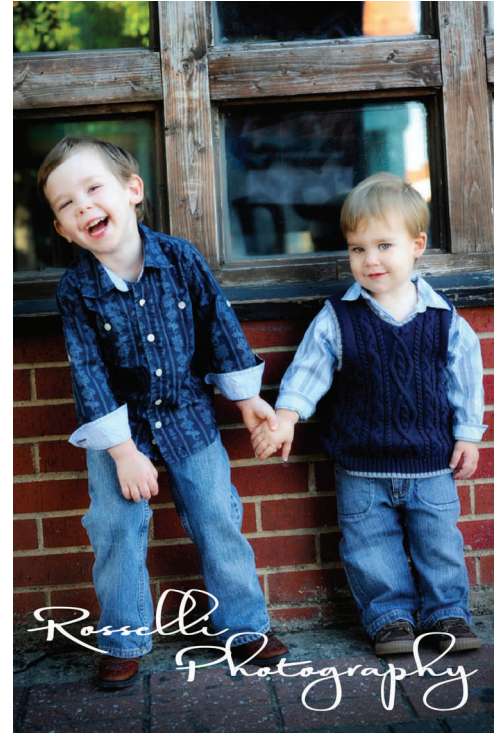
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