

Farifteh Emamghorashi, M.Ed.
American Psychological Associate
Reston, Virginia
202-440-1381

فریفته امام قرشی

fariftehe@gmail.com

http://www.mycounselor.us/

Give and Receive New Year's Gifts!

The new year is approaching, and the vibrant and abundant spring is on its way. For 6,000 years, since the time of Zoroaster, we Iranians have practiced our ancient traditions, and we continue to uphold them with pride. These customs bring us joy and satisfaction.

During *Chaharshanbe Suri*, by burning old and useless items, we are encouraged to clean our homes and get rid of broken and outdated things, bringing a sense of freshness and cleanliness to the house. Giving and receiving New Year's gifts, hugging friends and family, and forgiving grievances is akin to cleansing the mind and soul. These customs, along with the fresh spring air, inspire new ideas and fill us with energy to welcome the new year with hope and optimism.

Spring is the season of nurturing dreams. These dreams can create a new path for our lives, but we should not get lost in them and forget reality. Rather, we should use them as inspiration and plan to make them come true. Spring marks the beginning of love, constructive changes, such as changing academic majors, jobs, or making new investments.

Make sure the project you choose is interesting and enjoyable. Sometimes, a change in behavior also changes how you feel, giving you more energy. When making decisions, evaluate your values. Break down your goals or projects into smaller parts so you can focus better on each and complete them more efficiently.

Plan your goals and write down each step of your progress. Stay focused on these steps and live in the moment. Be honest and kind to yourself. Don’t waste your energy or overwork yourself. Practice positive thinking. Limit your exposure to media and news because it’s not a solution to loneliness.

Start conversations with strangers on the bus, metro, or in public places. Help others. Practice gratitude. Attend local gatherings and make new friends. Reconnect with old friends and acquaintances. Nowruz is the perfect time to reach out to people who were once part of your life and catch up.

Spend time with happy, positive people. Read articles so you have something to share. Start your sentences with "I" instead of "you" and share your experiences. Don’t go to events you dislike, and don’t compare yourself to others. Just be yourself. Spend five minutes each day taking deep breaths. Listen to cheerful music, clap along, and dance to it.

Get to know yourself and analyze your feelings to identify the causes of your stress and work on reducing them. Find out when your best thinking time is—morning or afternoon—and until you achieve self-awareness, you won’t truly understand others.

Stress is related to the present and will not last into the future, so don’t lose hope. A healthy body and a healthy mind are my wishes for you in the coming year. Adequate sleep, good and balanced food, along with daily physical activity, will ensure your mental and physical health. Being in a pleasant environment with cheerful music, enough light, fresh flowers, and a pleasant fragrance—even a small touch of red in your clothing or surroundings—can bring joy and peace.

In the coming year, I wish for less war and bloodshed for all of you, and I hope for strong friendships and the best for each one of you. Happy Nowruz! Don’t forget my New Year’s gift!

Farifteh Emam Ghorashi