

# Create meaningful holidays



It's the most wonderful time of the year, right? But if you're putting a ton of time and energy into having the perfect holiday, it's probably not so wonderful. This holiday season let's try to focus on simply enjoying the season by making it more meaningful. Below, check out our top tips help you have the best possible time with your family, friends, and loved ones.

**Talk to your family and brainstorm ideas** to try new, simpler, and more rewarding traditions that everyone can enjoy. For example, take a moonlit walk and track animal prints or spot winter birds for a magical experience. Bring along a thermos of hot chocolate!

**Give everyone a task to do.** Whether it's prepping appetizers, leading a game, or watching over the kids' table, getting everyone involved can help make memories and help everyone feel important.

**Focus on the people you get to see,** the special moments you will enjoy, and being thankful for the time you are able to spend together. For example, share a sweet memory of your cousin, sibling or parent at the table to help reignite the warm feelings and sense of belonging that make family gatherings meaningful.

**Help a sick or elderly loved one.** The holidays are a great time to bring cheer to your loved one who is ill or elderly. Whether you take a task off their plate or simply spend time with them, your love and support can help them have a happier holiday.

**Scale back.** If your holiday celebrations feel like too much, consider scaling back. For example, why not have a Pollyanna where each person buys a nice gift for one person, instead of each member of the family buying for all the other family members?

**Set your own priorities.** As the onslaught of holiday-themed photos begins populating your social media feed, it can be easy to feel like you're not doing enough to keep up with your friends and family. But it is important to focus on what matters most to you. This will help you enjoy the season and find balance.

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