

Survey results on how to enjoy the holiday season



In the November member poll, we asked this question: *If you were sharing ideas with someone else about how to celebrate the season with less stress, what advice would you give?*

Thanks to our members, we can share some of the responses on how to have more fun and less stress for the rest of your holiday season. Read on... and relax!

- Make memories with your time. Your children won't care if everything is polished or perfect. They will remember fun and activity with you. As will your friends and relatives too.
- Don't try to do everything yourself. Delegate and allow others to contribute when it comes to planning, holiday meals/gatherings and clean-up. It's perfectly acceptable to say "No".
- Put your energy into those activities that matter most to you and your loved ones. Rethink what that means for your traditions. For example, is it preparing the meal that you enjoy or the conversations around the table? Skip complicated meal preparation, consider a different menu or go out. Do you really need more stuff? Do your loved ones? Consider giving experiences — a movie, a meal, a concert, a hike or a trip to a museum — that you can enjoy throughout the year.
- Don't get caught up in all the commercial hype of the holidays. Focus on the basics and the simple things. Those are more meaningful.
- Instead of giving gifts, give time and just hang out with family, play games, go to the gym together. Do something fun you all enjoy.
- Remember to take care of yourself first. If you don't, then you really cannot be there for yourself or someone else with a full heart.
- Stay present and grateful. Make time for yourself.
- The holidays are about family and friends — not the commercialism of them. You can't make the holidays enjoyable if you are worried about filling everyone's wish list. Create your own simple wish list of what you want out of the holiday season and stick to it. Not only stick to a money budget but also a time budget. Don't make plans that will have you running. You don't have to see everyone in between Thanksgiving and Christmas. Save some visits until January when there is nothing going on and you will find that these visits are of better quality.
- Don't overbook yourself. Stay on schedule with meals and sleep. Try to spend more time with memories with friends and family, than trying to find the perfect gift. A few Hallmark movies can't hurt either!
- I have decided to just LET GO, don't worry, don't stress. My babies don't realize when we can or cannot afford a "good Christmas", they are happy regardless. THAT is what makes me happy!!!
- Breathe, assess the situation, enjoy the moment, don't give what you don't have, remember those who are less fortunate, remember that a small deed is just as effective and appreciated as a large one, and then breathe again!

Thank you for all your responses. We look forward to hearing from you in our next survey!