

## **HOLIDAYS**

### **TOP 3**

Jesus is the reason for the season.

Value the time with families and friends and let them know you appreciate them in your life.

Help someone by just calling them or stopping by to visit. It may be helpful to you too.

### **ACTIVITIES**

There is great joy and satisfaction in helping others, especially during the holidays.

Give to charities; every dollar is appreciated.

Time for sharing.

Watch the Grinch movie with a 5 year old. Watch a Christmas story with a teenager or an older friend, and then talk it over.

Make a gift – bake cookies.

Read a holiday book or story - A Christmas memory by Truman Capote or The Gift of the Magi by O' Henry.

To get in the Christmas spirit – drive to look at Christmas lights and decorations.

Read "The Shack".

### **SPIRITUALITY**

It is ok to stop, take a break, celebrate and enjoy.

Don't over commit.

Holidays are the holy days when we celebrate the gifts of the spirit.

Holidays are a time to rejoice and celebrate all the blessings which God has bestowed upon us.

Take time to enjoy the season and be thankful for all you have. Help others in need.

Enjoy the spirit of the season.

Turn it around, look around and count your blessings.

Remember that Jesus is the reason.

What a great time to meet God. Replace a second dessert with a family prayer.

Remember past traditions but also start and celebrate new ones as situations change.

Be present for the *moment* and look for the blessings and gifts in today.

Your time is the greatest gift; spend time with others – quality time.

## **RELATIONSHIPS**

Share the holidays with new acquaintances; open up your world to others and be joyful together.

Make it a point to extend a greeting to all.

Delight in being with your family and knowing the contentment is because we love and more importantly, respect each other.

This might be the only Christmas when you have lots of time to spend with your family (out of work) so enjoyed it.

Embrace who you're able to spend the holidays with and not worry who you're not spending them with.

Look to the young children to remind you of the joys of the holidays that you may want to pass on because of your job loss.

Relax with family or close friends.

Holidays are for family; your family is *YOU* and your support.

Holiday = time + family.

Call an old friend everyday and just wish them happy holidays. *NO* Facebook or email; place an actual call.

Make a point to visit older relatives.

Holidays are about family; enjoy the family you don't get to see everyday and you might not see tomorrow.

Enjoy spending time with family and friends.

Take time to spend time with family; plan it out.

## **LET IT BE**

Bittersweet as we remember who is gone and they are wonderful as we build memories with who is here.

Make everyday like a holiday.

Drink in the season; lights, generous spirits and working for others. Let us nourish and inspire you.

Rethink what matters; presents are not always required.

Think good thoughts, be happy when possible, sing (or hum) to the music and smile, smile, smile especially when your family makes you feel like crying.

Don't watch TV; it makes it easier not to buy into the "Madison Avenue" concept of Christmas.

Celebration does not need to be costly.

Be open to whatever happens, happens; smile and give hugs.

Setting the same day each year for a special holiday gathering guarantees attendance and anticipation.

Slow down and enjoy the joys of Christmas.

Try to slow down; at least for a few minutes each day.

Focus on what the season means.

Be in the moment.

Vacations from the reality of life; sometimes it is necessary to get away.

Make sure to appreciate the moment of the holiday; mentally, slow time down.

Enjoy the opportunity to engage with those you do not get to on a daily basis.

Do not skip Christmas and the holidays. Let the holidays into your heart no matter what.