

## WHAT MAKES HOLIDAY HAPPINESS!

*And So This Is Christmas; And What Have We Done? Another Year Over; A New One Just Begun; And So Happy Christmas; I Hope You Have Fun; The Near And The Dear Ones; The Old And The Young...John Lennon*

### WHAT TO KNOW!

- ❖ There is a strong societal expectation that the holiday season should be a happy one, however, most people find it to be a very stressful time with many obligations to meet
- ❖ Happiness requires having a belief that life is meaningful, joyful, vibrant and satisfying
- ❖ Holiday unhappiness is often caused by too much family, too much food, too many obligations, too much money spent, and too many expectations
- ❖ Recognize that you have a choice to either give in to holiday stress or to enjoy the holiday season
- ❖ Deciding to be happy can be quite tricky during this season filled with the stress of shopping, gift giving, parties, sending cards, and having visitors
- ❖ 42 percent of all Americans are stressed by the pressures of shopping for gifts
- ❖ Men tend to make practical purchases based on what they think the recipients need
- ❖ Women report more holiday stress than men and tend to view gifts as signs of closeness and compatibility in relationships
- ❖ 61 percent of Americans believe that what stresses them the most is a lack of money and 23 percent are concerned about credit card debt
- ❖ Millions of Americans go into serious debt making purchases that will take the entire year to pay off
- ❖ Research has shown that the good feelings received from a gift has more to do with the thought that went into it than how much it cost
- ❖ Research has also shown that purchasers are happier when they pay up front rather than using credit even with low finance charges
- ❖ The simple process of focusing on, writing down, and discussing the positive events in your life can give a boost to your happiness

### WHAT TO DO!

- ❖ Lower your expectations for how happy the holiday should be
- ❖ Express gratitude and appreciation for what you have
- ❖ Be optimistic, have a winning attitude, and look for opportunities
- ❖ Be selfless and practice acts of kindness
- ❖ Stay connected to friends and support meaningful relationships
- ❖ Use cognitive strategies to cope with stress
- ❖ Develop goals and strive to reach them
- ❖ Exercise, lose weight, and maintain your physical health
- ❖ Slow down your pace of life and live in the moment
- ❖ Commit to helping others out
- ❖ Accept that things can be good enough and that they don't have to be perfect
- ❖ Think about what is right in life not what is wrong
- ❖ Let go of the old way of doing things and try a new way of doing things
- ❖ Be creative and dare to be adventurous
- ❖ Do what makes you laugh and what you enjoy
- ❖ Seek professional help if you are unable to find happiness during the holidays

### WE CAN HELP!

Call us at **954 755-2885** or email us at [\*\*DrKimmel@KimmelPsychology.com\*\*](mailto:DrKimmel@KimmelPsychology.com)

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