

HELPFUL HINTS FOR HOLIDAY HAPPINESS!

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice.” – Dave Barry

WHAT TO KNOW!

- ❖ People often feel sad during the holiday season because of too much to do, too many obligations and invitations to meet, too much pressure to shop, too much family visiting, too much food to eat, and too few hours of daylight
- ❖ Stress comes from the way you think about a situation; if you have too many “shoulds” during this season, most likely you will feel overwhelmed and probably exhausted
- ❖ You can choose to be happy by not letting the stress and demands get to you
- ❖ Happiness requires having a belief that life is meaningful, joyful, vibrant and satisfying
- ❖ One of the best ways to find holiday happiness is to understand what causes the stress and plan ahead to meet all your demands and obligations

WHAT TO DO!

- ❖ You can take control of the holidays by doing the following:
 - ❖ Decide how much you want to spend on each gift for each person and stick to that limit with no exceptions
 - ❖ Have a written list and set aside specific time to go online or to the mall to do your shopping and do nothing else
 - ❖ Ask others to help you with shopping and preparing for the holidays
 - ❖ Do not accept every invitation or go to every holiday event; just the ones that are important to you
 - ❖ Be aware of what and how much you drink and how it may affect any medications that you may be taking
 - ❖ Do not lose your sense of “you” because of doing too much for others
 - ❖ Don’t pressure yourself to make it the holiday perfect or the best ever
 - ❖ Keep your sense of humor and try not to take the holiday demands too seriously
 - ❖ Be mindful of what the holiday spirit means to you and share your feelings of good will with others
 - ❖ Develop new rituals or traditions for the holidays
 - ❖ Remember that the holidays can also be a time of sadness as we remember family losses and past troubling experiences; be prepared
 - ❖ Lower your expectations for seeing family during the season so that you don’t feel disappointed or exhausted
 - ❖ Express gratitude and appreciation for what you have and share these feelings with others
 - ❖ Give to those less fortunate than you
 - ❖ Eat several small snacks a day rather than big meals
 - ❖ Take care of your by buying yourself a present, exercising, meeting a friend, going to the movies, reading a book, etc.
 - ❖ Relax and exercise so that you don’t stress eat and gain weight
 - ❖ Consider getting away to a relaxing, peaceful location for the holidays
- ❖ Seek professional help if you find it difficult to be happy during this holiday season

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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