

10 Tips for Enjoying the Holiday Season

“I think I’ve bitten off more than I can chew!” Either I said this recently or it was a good friend of mine that said it or maybe it was you. Between shopping for food, for Grandma, the kid’s teachers, wrapping gifts, attending wonderful gatherings, entertaining, making your own special Christmas card, putting up the greens and the lights, the tree, decorating the bathroom in holiday cheer, getting that special Santa outfit for favorite pet, freezing the ice-rings to put candles in as a center piece,.....(sounding like Martha Stewart) and did I mention the normal everyday stuff like going to work, attending school plays, laundry, dusting.....anyway, doesn’t it all get a bit overwhelming!

We must find ways to keep ourselves healthy and sane and enjoying this time of the year. I just heard that insanity is doing the same thing over and over again and expecting to get different results. Well each Christmas season I can hear myself say, “This year I’m going to do it different! I’m going to spend more time at home enjoying our tree. I’m going to cook more meals at home for the family. I’m going to watch all the Christmas specials. I’m going to start early and plan so I’m not rushing at the last minute. I’m going to” Well, here I am again right where I have been every other Christmas season..... How about you?

So, if I’m going to continue to be rushed and busy and last minute I’m going to need some help. So I’ve talked to a few friends.....this is how they cope.

1. Make sure your significant other gives you a massage every night. Okay how about during the 12 Days of Christmas, okay make it one Christmas gift!
2. Drive-through and taking it home counts as dinner together.....sing Christmas Carols
3. Put your Christmas tree in your bedroom – that way you’ll have time to enjoy it more
4. Change your attitude.....this is fun!
5. Be sure that making snow angels is on your list....I understand laying in the snow, swinging your arms and legs around is very therapeutic and burns many calories
6. Go to at least one elementary school Christmas Concert and sing along
7. Don’t expect your Christmas to be like the Cleaver’s – it is never perfect....yes, your family does get stranger and stranger every year (or is that just mine). Someone will be late, someone will get upset, the dog will throw-up or run away, and the turkey might get dry and you will be without gravy (oops....is that just me again??) This is one time to lower your expectations and just enjoy everyone’s company. That is what it is really about.
8. Don’t and I repeat don’t decorate all your bathrooms in holiday cheer (the shower curtains towels and carpet you have are just fine, really). You must eliminate something!
9. Cookies from the local market or bakery are great. Your neighbors will never know the difference.....take them out of the package, put them on a pretty little plate.....and just nod your head....”yes, I did!”
10. And the most important thing.....tell your loved ones that you love them every single day. Sometimes when you are sooooo busy this does get left out.

In the book Little Woman, Jo March says,” Christmas won’t be Christmas without any presents.” And no, it wouldn’t be the same without presents, but it is our presence that does count the most. This is what we must remember.