

Six Weeks to a **Happy** & **Healthy** Holiday Season!

Week Three – Celebrating with Others and Alone

Instead of focusing on gifts, it's a great time of year to focus on creating memories and traditions that don't revolve around spending lots of money.

Here are some great tips for enjoying the season with your family:

- Focus on the senses! Think of the smells, tastes and sights that trigger holiday nostalgia for you and indulge in those with your family.
- Spend time together doing good for others! Arrange to spend some time volunteering at a food bank or homeless shelter as a family. Helping others will help you to count your own blessings and strengthen your bond as a family.
- Enjoy the cold weather while being active together – walk and look at the beautiful lights, go ice skating or take the kids sledding. Warm up with hot cocoa or tea afterwards!
- Invite friends & family over for a cookie exchange party or why not try a holiday talent show where everyone can laugh while they share their special skills (you don't have to be Mariah Carey, skills can be as impressive as playing an instrument or as silly as having the best "Ho-Ho-Ho"!)

Most people think of the holiday season as a time to share with family, but what about those of us who don't have family to share the season with? Being alone doesn't have to be lonely – here are some ideas on how to make the best of your solo holiday time!

- Spoil yourself! Buy yourself some things you will enjoy – have them gift wrapped by the store so you can enjoy opening them later!
- Cozy up with your favourite book or movie and your beverage of choice and enjoy the relaxation. Think of all the stress you don't have to deal with in travelling and last minute shopping!
- Volunteer your time to help those less fortunate – what a great time of year to make a new friend by visiting senior citizens at a retirement home or working at an animal shelter!
- Prepare your favourite foods and treat yourself as you would treat a valued guest – use good dinnerware, set the table with candles and listen to your favourite music. Learn to treasure your alone time!



Sources: www.oprah.com, www.sixsisters.com, www.bemorewithless.com, www.theguardian.com