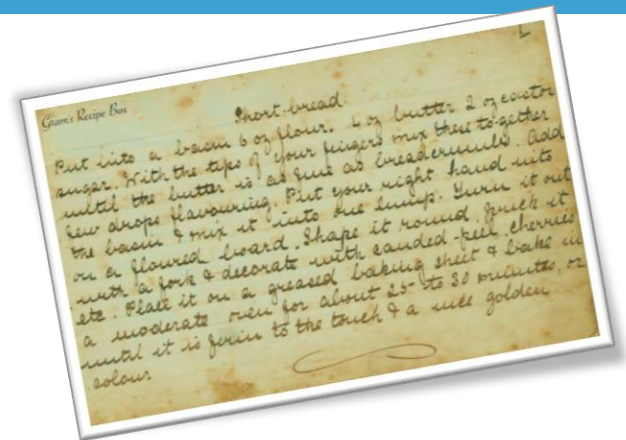


CELEBRATE GOOD TIMES

TRADITIONS ARE THE TIES THAT BIND

IT'S TRADITION...

At the first thought of the holidays, you can almost smell Grandma's cookies in the oven. You pull out that old recipe card, written with beautiful penmanship of the past. Your mouth salivates, your spirit lightens, and your heart remembers holidays spent watching her roll out the dough while you snuck a few sprinkles you thought she didn't know about it.



There might be cultural differences in celebrating the holidays, but the benefits are the same. Traditions contribute to our well-being, passing down a sense of comfort, belonging, connection, and giving shape to an identity formed by generations before us.

Keep, Toss, or Tweak?

Preserving traditions is a means of protecting what defines us, celebrates our unique identities, our values, and way of life. When we honour traditions, we honour ourselves.

But is that really true?

A tradition, followed without reflection on how it serves us, can sometimes add to the stress of the season. Traditions are not about just going through the motions and upholding an expectation. They should help to define your values, feed your soul, and ignite the senses with a bounty of beautiful emotions. Traditions connect us to the past, which is important, but they are only truly valuable if they still allow us to grow and our unique light to shine.

Don't waste quality family time by simply going through the motions because you feel you need to. Make your traditions meaningful. Consider involving the family in a reflection exercise and decide what traditions are worth keeping, what should be tossed, and what needs some tweaking.

Reflection Exercise

- 1) What traditions are unique to your family/friends?
- 2) Is there meaning behind the ritual, event, or activity?

If not, consider the following:

- Evaluate your traditions.
- Aim for a comfortable number.
- Tweak existing traditions.
- Establish new traditions.

Source: <https://www.psychologytoday.com/us/blog/do-the-right-thing/201412/why-holiday-traditions-may-matter-more-ever>