

Planning Ahead for the Holidays

What is Your Holiday Mindset?



We get one holiday season a year, so let's make the most of it!

As we enter December, let's reflect on lessons learned and think about how to use those lessons to finish out the year strong. We want to enjoy our holidays and experience those things that we look forward to all year long. All of our lives have been altered in some way this year and more change is certain to come. Let's focus:

1. **Life is precious. Our life and our neighbor's life too.** The world is big, with billions of people in a variety of circumstances. The way things affect my family might not necessarily affect the next family in the same way. My family values the idea that we are to love others as we love ourselves. I don't want to be sick, hungry, or homeless, so I need to care about and do what I can to help my neighbor who might find themselves in those situations. Maybe that's supporting a charity, being an activist, or providing a child with a toy. The holiday season provides many opportunities to help. We just need take action!
2. **We will not get to do it all this year – and that's ok.** Our kids are watching how we respond to things that are out of our control. Annual fall festival canceled? Bummer. Let's create our own carnival at home! No big gatherings this year? That will be hard. Maybe purchase or prepare a meal to share/drop off to a family member and "share mealtime" via Zoom. Adaptability is a life skill that will not only benefit our kids as they go through school but enter the workforce as well.
3. **Be Present.** Remember last spring when we were all at home for a few months. It was fun at first, spending quality time with the family. But, as things became more uncertain, worries about the future made daily life stressful and those feelings of fun morphed into anxiety about what would happen in 2 weeks, 2 months, 2 years. Thinking too far ahead into the future is not helpful. Instead, try to channel your energy into being present – take in a show with your spouse, take a walk with your kids. **Enjoy the present.**

Many things won't be the same this year, and that's tough. As we all adjust our mindset for the holidays, let us focus on the areas we can control and let go of the areas we cannot. Spend time with your family when you can and enjoy the holidays as best as you can.

What is your holiday mindset?

If you are finding it difficult to reset your mind this holiday season – or just need someone to talk to, give Best Care EAP a call at **402-354-8000** or **800-801-4182** or email eap@bestcareeap.org. **Counselors are just a phone call away.**