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As the holiday season nears, are you looking forward to it or do you dread the time, energy, and money involved?

• In recent surveys
  • 91% of consumers plan to celebrate the winter holidays
  • 55% of U.S. respondents said they are excited about holiday shopping and have savings to spend
  • 56% have already started shopping in October
Understand what makes the holiday special for you

• Friends, family, community
• Baking, meals, entertaining
• Gift giving, volunteering
• Faith
Understand what makes the holiday special for you

___ celebrate with friends
___ to create a festive, beautiful home environment
___ relax and be renewed
___ celebrate religious or spiritual beliefs
___ spend enjoyable time with immediate family
___ remember the poor, lonely, and needy
___ get together with relatives
___ show love and generosity through gifts
___ active in church or community organization
___ attend special holiday events and programs

Rate Your Holiday Values
As you think about the holidays, reflect on

• What are the special holiday activities that you enjoy the most?
  • The holiday tradition, event, task or activity that you get the most satisfaction from is....

• What are the holiday activities that you least enjoy?
  • The holiday tradition, event, task or activity that you dread is...
Be wary of becoming a “holiday perfectionist”

- Make a List and Check It Twice
- Gift Giving Expectations
- Delegate
- Prioritize Activities
Maintain your normal routine as much as possible

- Stick to Daily Routines (eating, exercise, sleep)
- Calendar of Events and Activities
- Get Organized
Maintain your normal routine as much as possible

Plan backwards

- List deadline dates
  - Gifts to be made
  - Shopping to be done
  - Packages and cards mailed
  - Parties for which to prepare
- How much time
Give yourself the gift of self-care

- Reflection and rejuvenation
- Play and rest
- Take Care of Yourself
- Quiet and active activities
- Aware of Stress
Develop family rituals

• Traditions
  • Meaningful time for loved ones
  • Old verses New
  • Simple
• Plan Activities
  • Family
  • Volunteer
  • Charitable
Set a budget for the holiday (and stick to it)

- Gifts
- Food for Baking, Dinners, Parties
- Convenience Meals
- Decorations
- Cards
- Postage
- Family Pictures
- Travel

- Gift Wrapping
- Home Cleaning Services
- Holiday Tipping
- New Clothes
- Charitable Donations
- Babysitters
- Entertainment costs
Set a budget for the holiday (and stick to it)

- Cash
- Only use one credit card
- Keep receipts
- Keep your spending plan/ list with you
- Comparison Shop
- Coupons or Sales
- Garage Sale/ Sell items online
- Barter Goods and Services
- Seasonal Work
- Work Extra Hours
- The Gift of |
  - Time
  - Service
  - Talents
  - Heart
Take a few minutes to reflect

• If the only requirement is that it fills you with joy and peace, what is your vision of a deeply satisfying holiday celebration this year?

• A goal I have for the coming celebrations is: ___________________
  • To make this goal a reality, I am going to: ____________________________
Acknowledgement

Content adapted and updated from K-State Research and Extension materials created by Joyce Jones, Marsha Weaver, Rebecca Wallace, and Donna Martinson
Thank you for joining us today!

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