

# HAVING HOLIDAY HAPPINESS!

*No matter what your holiday, It's a time to celebrate  
And put your worries aside (worries aside), And open up your mind (open up your mind)  
See the world right by your side... 'NSync*

## WHAT TO KNOW!

- ❖ Holiday unhappiness is often caused by too much family, too much food, too many obligations, too much money spent, and too many expectations
- ❖ The holiday season tends to magnify everything; it is a special time where people believe they should be happy, friendly, loving, and caring but often don't feel it
- ❖ Additional holiday stress makes it extremely difficult for already stressed people
- ❖ Having a happiness attitude, however, can help deal with holiday stress
- ❖ Deciding to be happy can be quite tricky since these days are filled with the stress of shopping, gift giving, parties, sending cards, and having visitors
- ❖ By reframing your thinking, the holidays can be seen as an opportunity for happiness
- ❖ Positive psychologists believe that pursuing happiness will make you feel better and increase your well-being; they suggest that you actively
  - ❖ develop optimistic attitudes
  - ❖ express gratitude
  - ❖ do simple positive activities
  - ❖ be mindful in any activity
  - ❖ participate in holiday traditions
  - ❖ practice acts of kindness
- ❖ Recognize that you have a clear choice:
  - ❖ either give in to holiday stress and likely be depressed or
  - ❖ enjoy the holiday season

## WHAT TO DO!

- ❖ Keep your expectations realistic
- ❖ Be optimistic and know that the stressful holiday season will pass
- ❖ Open yourself up and share with others
- ❖ Express gratitude as a sign of appreciation for what you do have
- ❖ Be selfless and practice acts of kindness
- ❖ Maintain relationships since connecting with friends prevents loneliness
- ❖ Exercise and do not overindulge in drinking or eating
- ❖ Use relaxation exercises to cope with stress and negativity
- ❖ Be charitable, give to others, and help those less fortunate
- ❖ Shop but do not incur large debt as that will bring anxiety later
- ❖ Set small goals and achieve them
- ❖ Journal and/or take pictures of happy holiday experiences
- ❖ Reach out to those you have lost touch with and are important to you
- ❖ Watch classic holiday movies
- ❖ Develop your own personal holiday tradition that is meaningful to you
- ❖ Seek professional help if you feel depressed and are unable to find any moments of happiness

## WE CAN HELP!

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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