

Countdown to the HOLIDAYS

The holidays are a magical and happy time of the year filled with traditions, beautiful decorations, gift exchanges, and celebrations with family and friends. It's one inspiring generosity and a spirit of good will towards others. Consider these ideas to make the season less hectic and more enjoyable so you feel rested, calm, and at peace.

1

Smile at people who cross your path

2

Put up your holiday decorations

3

Shop for or make unique gifts

4

Pay for a strangers coffee

5

Gift to your favorite charity

6

Go ice skating, skiing, or sledding

7

Mail family and friends letters or cards

8

Watch a favorite holiday movie

9

Attend a holiday concert

10

DIY ornaments with your kids or grandkids

11

Donate goods at your local food pantry

12

Listen to holiday music or read a book

13

Bake holiday cookies and candy

14

Send a care package to a military member

15

Play board games or cards with family and friends

16

Drive around to see the lights

17

Spread holiday cheer at a nursing home

18

Eat a treat without feeling guilt

19

Give items to a pet shelter

20

Call someone who lost a loved one

21

Bring flowers to the hospital for a patient

22

Light a scented candle and relax

23

Go caroling with friends

24

Skype or call out of town family

25

Enjoy the holiday's special moments