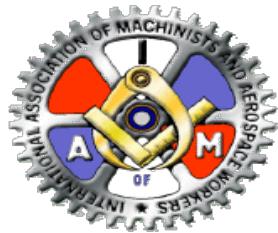




HELPING HANDS



Setting a Positive Tone for the Holidays

Strategies, insights, and gentle reminders for a joyful year-end
Compiled by CHTGPT5

As we approach the 2025 holiday season, many of us are thinking about what kind of experience we want to create for ourselves, our loved ones, and our communities. The holidays can bring various positive feelings such as excitement and nostalgia. But they can also bring difficult emotions like pressure, stress, and emotional complexity. This year offers an opportunity to be intentional in shaping holidays that feel genuine and fulfilling.

Here are practical ideas and perspectives to help you cultivate a meaningful, energizing, and balanced holiday season in 2025.



Set Intentions Before the Season Begins

Instead of letting the fast pace of the holidays sweep you along, take a moment to intentionally define what matters most to you this year. Consider questions like:

- *What do I want to feel this season? For example: peaceful, connected, playful, rested, etc.*
- *Who do I want to spend meaningful time with?*
- *Which traditions still matter to me, and which can I let go of?*

Writing your intentions down can anchor your decisions throughout the season. You'll give yourself permission to decline what drains you and invest in what truly lifts your spirit.

Simplify Where It Helps

More doesn't always lead to better. A simpler season can create more space for joy.

Here are a few ways to simplify:

- Choose fewer but more meaningful events to avoid overbooking.
- Opt for experiences, consumables, or shared activities instead of accumulating more objects.
- Make gatherings more collaborative and less stressful by delegating responsibilities like rotating hosting duties.

Nurture Emotional Well-Being

The holidays can stir up big emotions such as warm memories, family complexities, grief, or seasonal anxiety. Being proactive can make a big difference. Try these strategies:

- **Honor your feelings.** If the holidays feel complicated, that's normal. Let yourself experience your emotions without judgment.
- **Create grounding routines.** Morning walks, journaling, meditation, or quiet tea breaks can provide stability amid the busyness.
- **Set boundaries.** You're allowed to say no to events that feel overwhelming or to limit time in emotionally challenging settings.

Positive holidays aren't about forced cheer. They're about authenticity and caring for your emotional landscape.

Manage Finances with Care and Creativity

Financial stress can dampen holiday joy. With planning and creativity, you can keep the season festive without overspending. Try:



- **Setting a spending limit** early for gifts, travel, and events.
- **Opting for lower-cost traditions** like a movie night, game tournament, neighborhood light walk, or homemade treats.
- **Considering group gifts.** For example, one meaningful item for a family, rather than multiple small ones.
- **Focusing on personalized, heartfelt gifts.** A written letter or shared experience often means far more than a high-priced purchase.

Financial boundaries support long-term peace of mind and reduce post-holiday stress.

Closing Thoughts

The 2025 holiday season invites you to be intentional about joy, connection, balance, and authenticity. By simplifying where needed, nurturing emotional well-being, embracing imperfect moments, and grounding yourself in what matters, you can create a season that feels truly positive—one that warms the heart and sets the stage for a refreshed start in 2026.

Wishing you a meaningful, uplifting, and beautiful holiday season

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations; they are trained to make a basic evaluation of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Director, District 142

Paul Shultz

704-907-3563 E-mail: pmshultz@att.net

Smart Strategies for Navigating Holiday Finances

The holiday season is filled with warmth and celebration, but it can also bring financial pressure if spending goes unchecked. A few simple strategies can help you stay in control while still enjoying everything the season offers.

Start by setting a clear, realistic holiday budget—include gifts, travel, food, events, and even small extras. Track your purchases as you go to prevent surprises later. Prioritize meaningful, budget-friendly options such as homemade gifts, shared experiences, or family gift exchanges. These not only save money but often feel more thoughtful and memorable.

Be mindful with seasonal sales. They can offer great deals, but only if you buy what you actually planned for. Consider using cash or debit to maintain awareness of your spending in real time. Hosting holiday gatherings? Turn them into potlucks to reduce costs and include everyone in the fun.

Look ahead too. Plan for upcoming expenses by setting aside a small weekly amount throughout the season. And if travel is part of your holidays, book early and compare options to avoid last-minute spikes.