



Here Come the Holidays

And That Means Different Things for Each of Us

Make room for different traditions, celebrations and ways of experiencing the season.

The holiday season can mean something different to each of us. Our cultures, faiths, families and personal experiences can shape what we celebrate, how we celebrate or whether we celebrate at all. Being mindful of those differences can help create a season where everyone feels respected and included.

Lead with curiosity. Take an interest in traditions and celebrations that are different from your own. Ask respectful questions, listen and be open to learning something new.

Don't make assumptions. Not everyone celebrates the same holidays or observes them in the same way. When you're unsure, let people tell you what the season means to them.

Make your greetings inclusive. If you know what someone celebrates, acknowledge it. If you don't, a warm seasonal greeting can share goodwill without making assumptions.

Invite, but don't pressure. Include others in celebrations and gatherings while respecting that someone may choose not to participate.

Share your traditions, too. Talking about the foods, customs, stories or celebrations that are meaningful to you can create opportunities to learn from one another. The goal isn't for everyone to celebrate the same way, but to appreciate the traditions and experiences that matter to others.

Different can be something to celebrate. A more inclusive holiday season starts with curiosity, respect and kindness. Make room for the traditions that are meaningful to you while leaving room for others to experience the season in their own way.

Want support navigating family, cultural or relationship challenges this season? Your EAP is here for you. Visit [EAP4YOU.com](https://www.eap4you.com) or call the EAP for additional resources.