



'Tis the Season for Family Traditions

Keep what matters, let go of what doesn't and make room for something new.

Traditions can make the holidays feel familiar and meaningful. They connect us to people, memories and experiences we value. But as families and circumstances change, traditions may need to change, too.

Hold on to what matters. Think about the traditions you value most and why they're meaningful. Keep the ones that bring connection, comfort or joy, even if you need to celebrate them a little differently.

Give yourself permission to let go. A change in relationships, schedules, finances or other circumstances may make some traditions difficult to continue. It's OK to change or let go of traditions that no longer work for you or create more stress than joy.

Make room for something new. Try a new meal, activity or way of spending time together. New traditions don't replace the old ones. They can become another meaningful part of your family's story.

Honor people you're missing. If someone you love is no longer part of your holiday celebration, consider a meaningful way to remember them. Share a favorite story, prepare a special dish, display a treasured decoration or find another tradition that keeps their memory close.

Let everyone have a voice. Traditions may mean different things to different people. Talk with family members about what they value and consider creating traditions that reflect where your family is today.

Focus on connection, not perfection. Traditions don't have to happen exactly the same way every year to be meaningful. What matters most may simply be the connection and memories you create along the way.

Changes in family relationships, traditions or circumstances can bring unexpected emotions during the holidays. Your EAP is here to provide free support, resources and strategies to help you navigate changes and care for your well-being. Visit [EAP4YOU.com](https://www.eap4you.com)