



Warm Winter Wishes

for Creating New Holiday Traditions

Traditions can connect us to the people, memories and values that matter most. They provide a sense of familiarity and belonging, but they don't have to stay the same forever. As families grow, relationships change and life moves forward, our traditions can change, too. Creating something new can be another meaningful way to celebrate the season.

Give yourself permission to make a change. It's OK to miss a tradition that is no longer possible or no longer feels right. You can appreciate what it meant to you while making room for something new.

Think about what matters most. Consider what you value about your favorite traditions. Is it connection, togetherness, giving, remembering or simply having fun? Let that meaning guide how you celebrate, even if the details change.

Reimagine a favorite tradition. You don't necessarily have to give up something you love. Look for ways to adapt it to fit your life today.

Create something new. Try a new activity, meal, celebration or way of connecting. The traditions you treasure today were once new, too.

Keep it simple. A meaningful tradition doesn't need to be elaborate. A favorite meal, an annual walk, sharing memories, or simply setting aside time to be together can become something you look forward to each year.

Include the people who matter to you. Ask family members or friends what traditions are meaningful to them or invite everyone to suggest something new to try together.

Let traditions evolve. There's no rule that says you have to celebrate the same way every year. Keep what brings meaning or joy, let go of what no longer serves you and allow your traditions to grow with you.

Your EAP is here for you. Changes in family traditions, relationships or circumstances can bring up unexpected emotions during the holidays. If you're struggling, reach out for support, resources and strategies to help you navigate the season.