The Financially Healthy Holiday

Enjoy the Season Without Financial Regret

The holiday season can bring joy, celebration, and time with loved ones, but it can also place extra demands on your budget. A little planning can help you enjoy the holidays while protecting your financial well-being long after the decorations come down.

5 Tips for a Financially Healthy Holiday

1. Set a Holiday Spending Limit. Before shopping begins, determine how much you can comfortably spend on gifts, travel, food, and special events. **Ask yourself:** What can I realistically afford? How much can I spend without increasing debt? Have I included all holiday-related expenses? **Remember:** A budget is a plan, not a restriction.

2. Focus on Meaning, Not Price Tags. The most memorable holiday moments are rarely the most expensive. **Consider:** Homemade gifts, shared experiences, family traditions, handwritten notes of appreciation, quality time together. **Thoughtfulness often matters more than cost.**

3. Make a List and Stick to It. Impulse purchases can quickly derail even the best intentions. **Before making a purchase, ask:** "Will I still feel good about this expense in January?" Using credit cards responsibly can be helpful, but carrying holiday debt for months can create unnecessary financial pressure after the season ends.

4. Don't Let Holiday Spending Follow You Into the New Year. Impulse purchases can quickly derail even the best intentions. **Before shopping:** create a gift list, set spending limits for each person, track purchases as you go, avoid last-minute buying whenever possible. **A plan helps reduce both spending and stress.**

5. Give Yourself Permission to Simplify. You don't have to do everything. **It's okay to:** scale back gift exchanges, limit holiday events, simplify decorations, start new traditions that fit your budget. **A meaningful holiday doesn't require perfection.**

Financial concerns can affect overall well-being. If you're feeling overwhelmed by financial stress, budgeting challenges, or life pressures, your EAP is available to help navigate life's challenges and build healthier financial and personal habits.