

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Jump off the Stress Express--Bring Back the Holiday Spirit with Family Christmas Traditions

By Chris Wondra

Jump off the Stress Express--Bring Back the Holiday Spirit with Family Christmas Traditions

by: **Chris Wondra**

Twass the week before Christmas and all though the house everything was in shambles. Too much to do and not enough time. More shopping to be done, presents to wrap, cookies to bake and decorating await. Oh the hustle and bustle, the extra work and the stress. Is it any wonder you feel like the Kranks?

If your holiday season rings in more stress than joy, you're not alone. Consider these facts: In a recent survey, 96% of 8-12 year olds included a big screen TV in their wish list. This despite 73% of parents wanting to limit their children's TV time. It takes an average of 4 months for a credit card user to pay off what they buy during the holidays Americans plan to spend \$1,564 per household during the holidays. \$1,042 for gifts. A national survey suggests that 70% of Americans would like less emphasis put on spending and giving gifts

Helpless to resist the pressures of a "Spend it" society, many people feel obligated to get on the frenzied commercialized Christmas train--and they don't know how to get off.

If your holiday season tends to exhaust rather than uplift, maybe it's time to wrestle the holidays from the clutches of commercialism. Pump joy and love back into your holiday filling it with the true spirit of Christmas.

What do kids really want?

The crowds, the cash, the Christmas Crunch. The wrapping, the toys, the noise. It's burning you out--right? So why do we do it? For most, the typical answer is not surprising, "We do it for the kids." For many people Christmas is about children and bringing them as much joy as possible But think for a moment about your own childhood. What made the holiday seasons special for you?

Jump off the Stress Express—Bring Back the Holiday Spirit with Family Christmas Traditions

Not sure your answer best represents the feelings of most kids? Think again. We asked the kids. A recent survey of 7th graders reveals their fondest memories related to the holiday season and Christmas in particular. You may be surprised to see what they had to say.

"The thing I like the most is being able to see all of my relatives. We get together at my grandparents' houses and have big meals, which leads to another good part. The food. We usually have big hams and mashed potatoes and other good stuff. Then I feel like I won't be able to eat for another week."
Ryan, age 12

"I always have a good time at Christmas. On Christmas Eve we stay up late and play video games. Then in the morning I get my stocking. Then I wake up my family and we open up our presents and eat pixie sticks and then we eat a big breakfast. After that we go outside. We also play board games. I love Christmas." Meg, age 12

"All of my Christmas's have been jolly. I think my best memory has been spending time with my family."

Devin, age 12

"The first thing I think about when somebody mentions Christmas is picking out and putting up a tree and decorating it." Jessica, age 12

Now, I know what you're thinking, "Sure, he took four quotes from a stack that suited his purpose." Not true. Of the 75 students surveyed only 12 even mentioned unwrapping presents as a significant memory for them. Family gatherings and family activities created the fondest memories for 84% of the group.

If you are racking up credit card debt to create the perfect memory for your kids, you are wasting time and your money.

Creating a Joyful Season

Bill McKibben, author of *Hundred Dollar Holiday*, gives this piece of advice:

"I guess the most important thing would be to think about whether or not the things you're doing are actually making the season joyful for you or not. Keep real careful track and try to figure out if that's what you really want from the Holidays. You can't change your life or your celebrating patterns overnight . . .but there's plenty of time to observe yourself and find what makes you feel happy and joyful."

Still at a loss? Not sure less will actually translate into more? Start slowly. Changing life patterns and resisting social pressures takes time. It may be too late to significantly change this year's celebration activities. But you still have time to lay the groundwork for next year—and years to come. Here are some activities guaranteed to bring you closer to the ones you love.

Start Your Family Christmas Traditions Now

Jump off the Stress Express—Bring Back the Holiday Spirit with Family Christmas Traditions

Find new ways to kindle the spirit of fun and togetherness. Christmas morning, after opening stockings take birdseed and bread out to the woods or your nearest park, and spread it for the birds. St. Francis began the tradition, saying that animals too deserve to celebrate Christmas. What better celebration for the birds on a cold winter day than to have easy access to food? It's a great way to remind yourself about the true spirit of Christmas. Before Christmas, ask your children what they most want to do as a family. Offer suggestions: snowball fights, fort building, movie night, game night, crafts, hike in the woods or baking. Let your kids research and choose a charity and an amount of money to donate. Take your kids to your local charity drop off stations like Toys for Tots, which accepts new, packaged toys. Or donate to local churches accepting canned goods for those less fortunate at Christmas. Take a trip to your local food shelf or bring the family to your nearest toys for tots drop off sight. Participate in the Audubon Society's Christmas Bird Count Have a cookie decorating party. Make batches of cut-out Christmas cookies ahead of time. Provide a variety of colored icings, shakers of colored sprinkles, little stars and silver balls and let the children decorate the cookies. Then serve the decorated confections accompanied by hot chocolate with peppermint sticks, cider with cinnamon sticks. Play Christmas charades or test your knowledge of Christmas trivia with family quiz contest at:

You'll find Novice, Regular and Expert level quizzes. Present small wrapped gifts for the winners.

For more ideas visit [Santa's Favorite Links](#)

Give Non-commercial Gifts (from www.newdream.org) Frame a picture of the family home and send it to friends and relatives who can't make it home. Share holiday wishes with a photo cards and family newsletters. Let children help make your own cards. Hewlett Packard makes it easy with Home Fun for the Holidays. Reconnect. Call an old friend or write to someone you haven't seen in awhile. Give away the last great book you bought. Give your child a box of items that can be assembled into a homemade playhouse or tree house: Scrap wood cardboard, small hammer, non-toxic paint and a pulley. Consider gifts that bring out child's creativity: kids cookbook, craft kit, durable tools for building, sheet music, magnifying glass for studying bugs, plants, rocks, seashells. Write a story with the kids as the main characters Decorate and personalize Christmas stockings.

With a little effort, you can get off the commercialized Christmas train. Get back into the spirit of Christmas. Start family traditions. Change your buying and gift-giving habits. Discover new ways to share the joy of the Christmas season with your kids, your family and your friends. Take small steps today and tomorrow your holiday memories will be filled with laughter, joy, and Christmas magic. Put a little holiday spirit back into your "week before Christmas".

When Chris Wondra is not teaching Middle school Language Arts in St. Croix Fall, WI, he's busy combining story-telling and magic to create a unique brand of children's literature. Visit:

. Learn how you can delight your child with a Letter From Santa.

Email:

Need To Recapture The Magic Of Christmas? Try Inspirational Christmas Stories!

By Bernadette Dimitrov

Everyone knows that life today is more hectic than ever before. Families are often very busy and family fun time is at a premium. This is never more apparent than at Christmas. Everyone wants Christmas to be magical and special, but many of us feel that it has become commercial and impersonal. The solution, though, is so simple that many families are surprised. Inspirational Christmas stories can help you recapture the magic of an old-fashioned Christmas, but with a modern twist. Just consider:

- 1) Inspirational Christmas stories for children and adults are quick to read and can be read together at any time. You won't have to rearrange your entire schedule for this Christmas magic - all you need are a few stolen moments here and there.
- 2) Inspirational Christmas stories for children and adults allow you to create special Christmas traditions for your family. Many cultures read the Christmas story aloud during the holidays. Reading favorite inspirational Christmas stories for children and adults together can be a great way to develop special holiday traditions for your own family.
- 3) Inspirational Christmas stories for children and adults are about sharing time - not about spending money. Getting together to read inspirational Christmas stories out loud is about sharing time together. It is not simply another impersonal way to spend money. In fact, inspirational Christmas stories are very economical, no matter what your holiday budget this Christmas season!
- 4) Inspirational Christmas stories for children and adults can help you teach your family what the season is all about. These stories have modern settings and twists and are exciting and fun. At the same time, they are about the miracles and togetherness that Christmas should represent. Without lecturing or moralizing, inspirational Christmas stories for children and adults capture and reveal exactly what this time of year is all about - and they do so in a way that everyone can understand!
- 5) Inspirational Christmas stories for children and adults can create cherished memories for your whole family. Stir up some cocoa and serve some cookies to your audience. Take turns reading inspirational Christmas stories out loud, and put on some quiet Christmas carols in the background. Inspirational Christmas stories for children and adults can be the perfect way to set the stage for a fabulous Christmas celebration.

The magic of reading and the wonder of Christmas combine together in inspirational Christmas stories for children and adults to create a wonderful way to celebrate this most exciting time of year! Why not get some inspirational Christmas stories today and create a tradition that your family will love and cherish for years to come?

Visit

and sign up for our F*R*E*E* NEWSLETTER FULL OF TIPS,

Jump off the Stress Express—Bring Back the Holiday Spirit with Family Christmas Traditions

TOOLS & RESOURCES for reviving the fun, joy, magic and real meaning of Christmas every day of the year.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!