

A VERY SPECIAL CHRISTMAS

December 29th, 2013

I made it; I got through Christmas in one piece! I know, I know, I keep writing about how much I love Christmas, but the truth is that when Thanksgiving rolls around I start to get a little anxious and I tend to feel extremely overwhelmed. So this year I really stuck to my "Holidaze Plan" (blog on 11/24) of not over committing and I have to tell you, it worked. I probably attended 5 or 6 less holiday events this year and it was a genuinely relaxed and stress free period from Thanksgiving through Christmas day.

Okay, it might have also had something to do with the fact that I, for the first time in 22 years cancelled my big Christmas Eve party. Yes, I the self-admitted party addict called it off this year! I actually celebrated Christmas Eve quietly with my husband, three kids and their significant others, and I have to tell you it was great! What I realized was that hosting this party was part of the "over committing" that caused so much of the holiday stress.

Not that I didn't miss all the family and friends that I've spent Christmas Eve with us over the years, because I did miss them immensely; however, I needed to stop and catch my breath this year. I needed a break. I needed to get up at a normal hour on Christmas Eve and not run nonstop for 10 hours then try to be a gracious host to 30 people.

For the first time in 22 years we were able to all sit down together at one table and that was pretty awesome! The truth is when any holiday, especially Christmas becomes so overwhelming that you can't find the joy in it, you need to pull back and reevaluate if what you're doing is really what *you* want to do. That's not to say I will never host Christmas Eve again, I may, but what I will never do is compromise my precious time with my husband and children. This year I discovered what Christmas should be... stress free, quiet and joyful!