

New & Old Holiday Traditions

Christmas traditions are always changing with the times. At some point, we will have to stop and consider whether or not our current traditions work for our changing families. Some will like to maintain the existing traditions (no matter how inconvenient they may be), but others are happy to enjoy the season by simply enjoying the opportunities that present themselves (rather than sticking to a routine).



This year, my Christmas resolution is to find ways to enjoy the season (and worry less about traditions)!

Brought to you by Psychometrics team member Justin Deonarine I/O Psychologist



Christmas cards.

The year-end update via Christmas cards is an annual tradition for some families. Often with a photo attached, these lengthy narratives allowed for friends and family to hear the good news (and sometimes, the somber news). However, not many people are making the time to write these cards anymore. Why? We're often connecting via our phones. If used correctly, technology can help us maintain more frequent contact throughout the year. But, this isn't always the case, as technology can actually hinder our ability to connect with others. So, maybe it might be worthwhile to put down our phones this season and connect with those around us (or write them a letter).

Visiting multiple relatives in one day.

Multiple Christmas events was great as a kid (imagine all of the presents), but also exhausting. While sometimes it's possible to have a single gathering at a host's house, many are opting for a day of relaxing at home instead of trying to see everyone in a single day (and inevitably returning home closer to midnight). Maybe not an issue for those with smaller families, but imagine those who have 10+ houses to visit!



Gifts for the whole family.

There was an expectation at one time that you needed to get something for everyone, no matter how often you see them. It gets difficult to find suitable gifts (so sometimes everyone got the same thing), and you couldn't leave anyone out. This can become a costly and time-consuming endeavour every year, and more families are becoming conscious of these burdens.



Pets as gifts.

Ah, the gift that keeps on giving! I'm sure many of us have asked for a pet for Christmas, and some have gotten it. But in the holiday spirit, sometimes we forget that these cute kittens and puppies will need years of feeding and care. Of course, they will bring joy throughout these years, but not every family is ready for an additional responsibility. Technology can actually hinder our ability to connect with others. So, maybe it might be worthwhile to put down our phones this season and connect with those around us (or write them a letter).

Celebrating only Christmas.

According to a 2017 report from Statistics Canada, 67.3% identified as Christian. While those who identify with other religions will also celebrate Christmas with those around them, there are many other celebrations that our Canadian neighbours will also enjoy. Many of these neighbours will be happy to welcome you in celebration of their traditions.

However, even with shifting traditions, there's always one that remains in style: Spending time with family and friends (whether the activities are planned or spontaneous).