



Dear Counselling Corner:

I feel as though Christmas is starting to come earlier each year and like last year, I have an urge to put up decorations right now and set up our tree. My kids cannot wait to decorate either and we are all longing and searching for something fun, positive, and festive in our lives at the moment. I even catch myself singing Christmas songs and wanting to bake and eat Christmas treats! Is it just me or is this normal? Thanks!

What is happening to me?

Dear Happening:

I have to laugh, but only because you are NOT alone! So many people are feeling similarly! This year has been like no other. Focusing on Christmas a bit earlier than usual, may be a great way to keep our spirits up. For many people, Christmas can bring us happy memories and feelings from our childhood. Psychoanalyst Steve McKeown says, "Decorations are simply an anchor or pathway to those old childhood magical emotions of excitement. So, putting up those Christmas decorations early extends the excitement!" Another bonus of putting up decorations could be that it will make others feel happy too. So set up your tree and decorate early and be a trendsetter!

Involving your kids in making and putting up decorations can also be exciting and a valuable way to connect and get into the holiday spirit.

Here are some great links for getting your kids involved in Christmas activities:

<https://www.tasteofhome.com/collection/ways-to-celebrate-christmas-this-year/>

<https://www.oprahdaily.com/life/g34454588/christmas-activities/>

<https://www.minted.com/lp/christmas-activities>

Harriette Chang is the school counsellor and can be reached at hchang@sd43.bc.ca

We are all in this together, and together we can get through all of this.