



DO YOU REALLY HAVE TO BE HAPPY AT CHRISTMAS?



Between social pressures and consumerism, Christmas can feel like a burden rather than a moment of joy.



CHRISTMAS EXPECTATIONS



Twinkling lights, presents under the tree, laughter with family—everything seems perfect, but not for everyone. For some, the mere thought of Christmas brings anxiety and discomfort. How do you feel about it?



SOCIAL AND FAMILY PRESSURES



At Christmas, you're expected to be happy and grateful—even with relatives you only see once a year. But what happens if you don't feel that warmth? Does it feel like you're putting on a mask just to keep others happy?



HIDDEN EMOTIONS



Beneath the sparkling lights lies a less visible reality. Complex family dynamics, unrealistic expectations, and the pressure of consumerism can leave you feeling excluded or uncomfortable.



BEING VEGAN AT CHRISTMAS



Christmas can amplify this sense of exclusion for those following a vegan lifestyle. Sitting at a table packed with dishes that don't align with your values and dealing with awkward comments can be frustrating.



HOW TO RECONNECT WITH YOURSELF DURING THE HOLIDAYS

By now, you might be wondering, How can I get through Christmas without being overwhelmed by it all? There's no universal solution, but there are small steps you can take to experience the festivities more authentically and peacefully.

1. Accept your emotions: you don't have to force yourself to feel happy. Allow yourself to experience your true feelings.
2. Create your own traditions: personalise your Christmas with simple dinners and meaningful gifts to reflect your values.
3. Reduce consumer stress: avoid overspending; focus on handmade gifts or meaningful moments with loved ones.



WHAT DO YOU REALLY WANT FROM CHRISTMAS?



This year, ask yourself: “What do I really want from my Christmas?” And as you answer, don’t think about what others expect from you—think about what will bring you peace and genuine happiness.



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