

HOLIDAY RESOURCES FROM THE CMR

Insights, Tips, and Tools to Enjoy a Meaningful Holiday Season

● Stress and Conflict Management

- [5 Ways to Manage Christmas Stress](#): Learn five practical ways to reduce stress and embrace the joy of the holiday season.
- [What to Do When All Is Not Calm](#): Discover biblical wisdom and practical steps to find peace amid holiday chaos.
- [Tense During the Holidays?](#): Overcome holiday tensions with Christ-centered strategies for personal peace.
- [Dealing with Holiday Stress](#): In this podcast episode, explore how to handle seasonal pressures with grace.
- [Tense Holiday Conversations and the Third Story](#): Learn how to navigate challenging family discussions while maintaining harmony.

● Traditions and Meaningful Experiences

- [Christmas Traditions to Remember](#): Make your Christmas celebrations more meaningful by starting traditions worth remembering.
- [23 Best Christmas Traditions Ever](#): A curated list of cherished traditions to help your family celebrate the true spirit of Christmas.
- [The Greatest Christmas Gift of All](#): Reflect on the greatest gift you can give this season—it's not what you think!
- [Traditions vs. Difficult Expectations](#): Balance cherished traditions with the pressures of holiday expectations in this podcast episode.



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Faith and Gratitude

- [What Does an Attitude of Gratitude Look Like?](#): Explore what it means to live with gratitude, especially during the holiday season.
- [Thanksgiving Shouldn't Be on a Thursday](#): Why gratitude should extend beyond one day of celebration—practical ways to embrace it daily.
- [Contentment in an Age of Discontentment](#): Learn how to cultivate contentment amidst the pressures of modern holiday culture.

Practical Tips

- [Setting the Tone at the Holiday Table](#): Host a Christ-centered holiday meal with these thoughtful ideas for fostering connection.
- [Christmas Budgeting](#): Gain insights into managing your holiday spending without sacrificing meaningful moments.
- [12 Days of Christmas Love Challenge](#): A fun and inspiring way to show love to those around you during the Christmas season.

Navigating Relationships

- [Your Family or Mine?](#): Six keys to planning holiday gatherings with in-laws while keeping the peace.
- [Thanksgiving Through the Eyes of Newlyweds](#): Newly married? Discover tips for blending family traditions during Thanksgiving.
- [The Absolute Best Conversation for Your Holiday Dinner](#): Create memorable moments at your holiday table with this transformative conversation starter.



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