

THE HOLIDAY SEASON, YOUR OWN WAY

LOOK WITHIN, BUILD IT OUT
by Paige Rien

The holiday season is bountiful, beautiful but also, challenging. One way to keep the focus on the best the season has to offer (time together, sensory delights, the joy each holiday brings) is to enjoy **your** holiday season, not **the** holiday season. Find *your own* expression of each holiday and deflect the temptation to mimic anyone else's.

Here are 3 ways to express *your* holiday season:

nostalgia

Reflect on and integrate cherished childhood holiday memories, whether magazines or social media find it "dated" or not. As adults we curate our lives, our homes, and our seasons, drawing what worked and what works for us now, from our past.



let holidays breathe

Allow for some "white space" between Halloween, Thanksgiving, and Christmas or Hannukah and New Years. Allow each holiday to have a beginning, a middle and an end. Permit yourself to decorate and celebrate on your own timeline - not the dictates of the advertising-driven timeline of social media and print media.

Keep it sensory - whatever that means for you.

We cannot do it all. Period. If you're short on time & energy to "holiday," focus on the senses that matter most to you. A beautiful front door? A house awash in the scent of cinnamon? Twinkle lights & candles at night? Seasonal music? Textures that evoke the change of seasons? Wouldn't it great to have all of them?! Yes! But if you can't - you can choose those which would make the greatest **impact** in your daily life. (N.B.: while social media can only share visuals - the smell and sounds of a home are the most impactful to our brains in enhancing our experiences.)

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Paige Rien is a designer, mother & the author of two books on the home: *Revived & Renovated: Conversations on the Intersection of Faith, Home and Everything in Between* (Endgame Press, November 2021.) and *Love the House You're In: 40 Things You Can Do to Improve Your House & Change Your Life* (Roost Books, 2016.) She is passionate about encouraging & educating homeowners and renters about the delights of a deeply personal home, telling your own story in your home rather than chasing a particular style and deflecting "all the shoulds" in decorating and design. Follow Paige on Instagram for more tips and encouragement: @paigerien

