

FOR IMMEDIATE RELEASE

For more information, contact Valori Stone
Family & Community Wellness Agent, Wildcat Extension District
valori@ksu.edu, 620-378-2167

Merry Moments

Whether you put up your Christmas décor right after Halloween or wait until after Thanksgiving, decorating for Christmas can have a positive impact on a person!

Christmas decorations can evoke happy memories from past holidays and remind people of their childhood or loved ones. Nostalgia often brings comfort, and studies show that it can even counteract loneliness and increase feelings of social connection. Visual decorations, especially colorful lights and festive decorations, stimulate dopamine—the "happy hormone"—which contributes to feelings of excitement and joy. The act of decorating can heighten a person's anticipation for the season, building excitement that breaks the monotony of daily life. Holiday decor, like warm lights, candles, and festive elements, can make a space feel more inviting and cozier. A comforting environment promotes relaxation and happiness. Anticipation for positive experiences is associated with increased optimism and resilience.

For those decorating with family or friends, it can strengthen social bonds. Even decorating alone can bring a sense of connectedness to the larger community, knowing that many others are decorating at the same time. Decorating can be a form of mindfulness, helping people focus on the present moment. Being in the moment with something creative, like arranging lights or hanging ornaments, is calming and can reduce stress. Personalizing a space during a time of celebration gives people a sense of control over their environment, which can be comforting and reduce anxiety.

Overall, decorating for Christmas can transform a home, elevate the atmosphere, and create a joyful, positive space that supports emotional well-being.

For more information, please contact Valori Stone, Family & Community Wellness Agent, by email at valori@ksu.edu or by calling (620) 378-2167.

###