What
Christmas Movies
Remind Us Of

With the holiday season in full swing, it is completely understandable to be binge watching your favourite Christmas movies each night. From the *Nightmare before Christmas* (yes... it counts) to *Elf* and *The Grinch*, you may have noticed shared themes aside from the infamous man in red.

Relationships

Christmas movies emphasise the importance of relationships. Between parents and children, friends, and even strangers! It is always a nice reminder to be kind and empathetic, as well as to check in on those you love and extend a hand when you can.

Gratefulness

Christmas movies remind us that it is not always about the next shiny thing. You must take time and take a step back to appreciate what you have, and how far you have come. Of course, that's not to say you shouldn't want more, but to understand that there are a lot of people who would love to be in your present position. It's important to broaden your perspective and understand that tomorrow is not promised.

Believing & Open-Mindedness

No, we're not asking you to believe in Santa Claus. That being said, Christmas movies do demonstrate the power of the mind. If you truly believe it in your heart, no doubt will it come into fruition.

This also links to the idea of staying open-minded, and to not be rigid in your present ways. The more fluid you can be, the more opportunities you are welcoming, and that's truly where the adventure begins.

"The thing about trains ... it doesn't matter where they're going. What matters is deciding to get on."
— Conductor, The Polar Express

by Naveera Khan