

News Column for Use Week of 12/7/2020  
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### **Create A New Memory**

Over the past few months, things have looked differently in all our lives. Think of different in a good way. Be optimistic! It is important to create good memories. In this statement, I mean to create good memories with your family or if you are living alone create good memories in your day to day life. Family is defined as a group of individuals who share close and personal relationships that change over time. It is possible to make good memories even during challenging times. In this message, I will share with you some ideas you might use to create good memories.

Physically make the place you live or spend a good amount of the day a pleasant place to be. Think of how the place looks. For example, my home is often cluttered, and I do not have the desire to do anything about it when I arrive home in the evening. Also, my desk at work gets very cluttered and I do not feel encouraged to come to work each day. Intentionally make the place where you devote a lot of time a pleasant place.

Emotionally make memories. Make the “Holiday” less hectic and create new traditions. Fulfill a desire to spend money on experiences rather than things. For example, have individuals help decorate your home inside and outside. Everyone has their way to decorate and for me, it is interesting to see how other people decorate and what another individual likes to showcase. The decorating does not always need to be done MY way.

Inspire yourself or a friend to write a thank you note or create a card to let someone know what they mean to you. Design a gratitude jar. Encourage others to write on a slip of paper every time they think of something they are grateful for and place it in the jar. Set aside the time to read the things in the jar that everyone is thankful for.

Ask each other what a favorite “Holiday” food is and make the food items together making memories with flour on your nose or underneath an eye. Encourage a friend to explore new tastes or flavors this season. For example, this time of year, I think about the flavor of pumpkin. Pumpkin is a good source of Vitamin A and fiber. Pumpkin can be added as an ingredient to many foods we consume.

One may even consider the idea of a live Christmas tree as an ‘experience’ as opposed to just a ‘product’ and as ‘special’ as opposed to ‘normal’. Bring on the desire to add more cheer and create special memories. Celebrate the Holiday season by making new memories.

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