

# How You Can Transform Your Christmas Season of Stress into Joy

The Christmas season is a time for family, faith and celebrating, but these “Happy Holidays” can sometimes turn into a season of stress.

Christmas is supposed to be joyous, yet we overextend ourselves and sometimes overspend as well. So why do we do it?

“Our joy can get turned into stress when we’re dealing with loss,” Dr. Jesse Gill told CBN News. “We’re trying to make up for things or replace things that can’t be replaced.”

Watch the accompanying video for tips to be blessed and bless others. {eo}

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