

## #135 - Nailing Your Holiday Vibe

Hey, there! You're listening to the Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't. Today is a really fun episode that I'm super excited about - it's number 135 - nailing your holiday vibe.

Maybe you're not a holiday vibe kind of person, so this sounds weird, but I love a good mood, I love a good vibe, and I think because I've spent so many years creating vibes, I've gotten better at nailing them. If you want to nail your holiday vibe, I'm here to help and cheer you on.

Now when I say a vibe, I mean a mood set in a specific environment. I know there are listeners from different parts of the country and around the world who celebrate a variety of holidays, so I'll speak to my own holiday experience when I say that I love a good Christmas vibe. It's cold where I live during Christmas, so while we don't usually get a white Christmas - our snow usually comes more in February - it still usually feels like Christmas. And there's not a lot of feelings that are better than a good holiday vibe. We feel nostalgia, hope, connection, it's really fun, it can feel whimsical or even melancholy. Sometimes melancholy is a really great vibe when you need it.

Here's the thing. Here's why we're talking about this in an entire podcast episode even though you might think I'm slightly crazy. Our holiday memories aren't always what we did; it's about how we felt. We remember the vibe, the feeling the environment gave us. I've mentioned this before, but we have a Friday night event in our city where the main street downtown closes, all the shops stay open, Santa is out, there's a snow machine, carolers, all the things. I don't have any specific memories from those Friday nights, well except for that time my oldest got lost in the crowd and we didn't know he was missing for like fifteen minutes it's totally fine, but I do remember how they feel. I always remember the vibe. Those nights are always fun and hopeful and optimistic. I feel kind of like Pollyanna when I'm walking those streets with my family and friends and a ton of strangers who are in a similar holiday spirit and just feel like everything is going to be okay. It's that vibe I remember, not what we ate or what we saw or where we walked.

So if that's the case, if our dearest holiday memories are often tied to vibe and not activity, let's focus on creating that vibe and let the activities happen as they will. Activities without a vibe are just activities, but with a vibe, they become experiences that you remember.

So here's the first thing you need to think about - the kind of vibe you want for a particular activity. That activity could just be hanging out at home with your family and feeling the Christmas spirit. Other potential activities that could use a good vibe - baking Christmas cookies, putting up the tree, having a party, having friends over for a board game night, driving to see Christmas lights, driving to and from a holiday church service. All of these activities would

be amplified bigtime by consciously thinking about the vibe, creating an experience, not just planning an activity.

So how do you do that? How do you create and nail a holiday vibe. Three things in this order because creating a vibe has a hierarchy of the senses. Focus on these senses in this order: sound, smell, and sight. First sound then smell then sight.

Imagine this. Imagine you're invited to a Christmas party, and you walk in and see the house beautifully decorated - decor on every surface - but there's no music playing, there really aren't any sounds at all except for a few people chatting in the kitchen. Totally fine, nothing wrong with it. The party looks like a party, but maybe it doesn't sound like it has the vibe of one. Now imagine you walk into the same house for the same party. All you see is a lit Christmas tree, but you hear Nat King Cole playing softly throughout the room and you hear the crackling of a fire in the fireplace. Those sounds create more of a vibe than any decoration ever will. And this is true of all gatherings really. If you're invited to a New Year's Eve party and the living room is full of balloons and all kinds of things but there's no music playing? It feels weird, like things haven't started yet. If you walk in and some upbeat hipster band is playing on the speakers and there's not a decoration to be seen, you'll get more of a vibe from the sound than from the sight. What you hear, whether it's for an actual gathering of many people or just you in your own house, what you hear is the most important thing to consider when you nail your vibe.

And obviously the easiest way to do this is with music. Think about what you'll play. You'll get a very different vibe from Justin Bieber's Christmas album versus Harry Connick Jr.'s versus The Carpenters versus Sleeping at Last. We all know this, but we don't always think about it. We just play Christmas music, but it doesn't always nail the vibe because we weren't intentionally thinking about the vibe. The more I talk, the more crazy I feel like I sound, but I'm just going to keep going. I think this is something we all need to learn.

So when you're trying to nail your Christmas vibe through music, name two or three words to describe how you want to feel during the experience or how you want others to feel if they're in the room. Relaxed and cozy? Excited and nostalgic? Safe and thoughtful? Loved and reminded of the gift of the birth of Christ? Ready to party and laugh and connect with people? Saying a few words about the kind of feeling in the room helps you nail the vibe and know what kind of music to play. You can play entire albums, make playlists, or use playlists made by other people. Some entire Christmas albums have a certain vibe throughout. I think Michael Buble's album nails a vibe. So does The Brilliance. Sometimes you want more control over the songs or even the order they're played, so you make your own list. As you do, think about those feelings. When you're choosing songs, if a song doesn't give that feeling, it's not meant for this vibe. And if you have Spotify which I highly recommend if you love music at all is to just search by mood. That's why Spotify knows what they're doing; they make playlists based on the mood you want to have. You get to nail a vibe through music that creates the right mood.

I'm going to put a link in the shownotes to a post in the blog that lists out my favorite Christmas albums and links to some of my favorite Spotify holiday playlists, some I've made and some others have made. I'm also going to make a plug for you to support The Lazy Genius on Patreon. Patreon is a way for you to give a monthly pledge to me as a thank you and support of this space, and in return, you get a monthly Lazy Sisters episode which is basically an unedited, very often unfiltered version of me in a longer episode with my sister Hannah. What you also get, which is why I'm mentioning this here, is access to highly curated, amazing playlists that Hannah makes. She's seriously the best playlist maker I know. Magical stuff. She creates seasonal playlists and holiday playlists and other stuff for the Patreon community. I'll have a link in the show notes to check out Patreon; it's three bucks a month that supports this show and everything else I do in such a small but incredibly helpful and kind way, and as a thank you, you get those monthly episodes and Hannah's playlists.

Okay, so sound is the top sense in creating a vibe. Music the easiest win for that. But crackling fires, conversation, clinking glasses, all of those sounds also create a vibe. You can't necessarily manufacture them because they might be weird, but I encourage you to just pay attention the next time you're experiencing a vibe and listen. What sounds do you hear? Even silence is such a great sound to nail a vibe. Just pay attention.

The next sense in the hierarchy vibe is smell. They say that smell is the sense that triggers the most specific memories, and I've found that to be true. You smell perfume and remember your grandma. You smell pine and remember a general sense of Christmas wonder. You smell someone's new car and remember the early days after you'd purchased your own. Smells create and trigger memories for us, so it's a lovely to think about a way to contribute a smell to your holiday vibe.

Candles are a great way to do that. I love peppermint and pine scented candles. Or those ones that smell like mulled wine and spices. Certain smells just smell like the holidays, so put essential oils in a diffuser or light a candle or spray the room with room spray or whatever that stuff is called. You can also use the smells of food and drink to nail your holiday vibe. Simmering apple cider and orange peels and cinnamon on the stove creates a vibe. The smell of icing and sugar cookies creates a vibe. The smell of a fire burning in the fireplace or in your firepit outside creates a vibe. Consider scent. Think about a scent that would contribute to that feeling you want to evoke in yourself or in your people, and add it to your experience.

And finally, sight. What you see. Decorations in your house, facing your chair toward the window so you can watch the snow fall, Christmas cards hanging across a string in your kitchen, whatever is happening around you at the Christmas festival or party or gathering, all of these things are important but are supported so much by what you're hearing and smelling, too.

So I just spent ten minutes talking about nailing your holiday vibe, but I think simply naming what you're after, choosing music that goes with it, and then just stopping there will likely make a big difference in how you feel over these next couple of weeks. And add in some smells along

with what you've probably already done in terms of decorations or actual activities you have planned, you'll nail that holiday vibe for sure.

Again, I have a post on the site with all the holiday music fun, so you can just grab from there if you need ideas. All the playlists are Spotify lists, so if you don't have Spotify, I'm very sorry, but you can take the song list and load them up into your Apple Music or whatever you might use.

And if you want even more playlist fun, maybe think about supporting this show by becoming a Lazy Genius Patron. Your three bucks a month makes a huge difference in being able to create this show, so far without ads, and I also love getting to show another side of myself on the Lazy Sisters Podcast. It's generally the weirder, more neurotic, sometimes slightly ragey side, but also the silly, sappy, nostalgic side. I don't get as many chances to show all of those things here on this show, maybe a little more on Instagram, so if you're a hardcore Lazy Genius fan, you might really love those Patreon gifts as a huge thank you for supporting the show.

Okay, that's it for today. Thanks so much for listening. Until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week.