



SHARP START



DECEMBER 25 — Christmas Day

Happy Holiday!	
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Christmas brings joy, comfort, and celebration. However the home environment becomes chaotic quickly. Wet kitchen floors, kids sprinting between wrapping paper piles, overloaded outlets powering holiday lights, sharp packaging, and icy steps all increase the likelihood of injuries.

**With lights that glow and hearts that cheer,
Hold close the ones you love so dear.
Stay mindful, warm, and travel smart—
Your presence is their favorite part.**

Optimistic recall bias tricks our minds into believing the day is safe simply because past holidays were enjoyable. But hazards don't disappear just because the mood is festive.

Hazards

- Slips from spills or ice
- Electrical overload
- Wrapping paper trip zones
- Knife or package-opening injuries
- Distracted walking

Words of Wisdom

- Safety follows you home.
- They want YOU at the table and not in the ER.

Pause and Think

Optimistic recall bias makes us remember joyful moments while forgetting near misses. Holidays feel safe because the memories are warm, so our brain relaxes and lowers its guard. That emotional comfort can make normal hazards seem trivial — even though injuries spike during holidays every year. Awareness is a gift you give your family by being fully present.

- What holiday hazards have you overlooked before?
- How do positive memories lower our caution?
- What will you do today to stay aware and present?