



*Hope you'll love it ...
-Aracely*

2024

Xmas Stress-Free Guide

Berry Interiors Mx™



Welcome to a worry-free step-by-step guide for this Holiday season.

My name is Aracely. I'm a Mexican Architect, US Interior Designer, and Mama-to-be. Ever since I was little, what has lit up my soul is creating spaces that are not just *beautifully unique*, but also useful with a strong *holistic approach*.

Let this guide be like a cup of warm tea for your soul (long deserved!) Take a deep breath, read at your own pace, and **permit yourself** to apply what you'll learn.

It'll make everything so much easier, I promise.

-xoxo

Start here.

The 8 most common reasons why people find themselves feeling overwhelmed while decorating their home isn't because they didn't find the perfect Christmas ornaments during the latest *Black Friday* sale, but because of underlying factors such as:

High Expectations and Fear of Criticism.
Time constraints and Financial Stress.
Lack of Help and Disorganization.
Being Sentimentally Attached to Objects.

All of which are addressed in this guide.

If you find yourself relating to one or more of these, keep reading for a solution.



High expectations and Fear of Criticism

I care about your happiness so let me tell you the truth about your Christmas decorations this year...

No *one* cares (not in the sense that they're gonna come after you if you do or don't do something), and well, **YOU** care, and probably your family does, too. And this is all you *really* have to remember this holiday season regarding this.

These moments are meant for **YOU** and your family, not for your neighbors, not for your mother or sister-in-law, but for you and your kids, or grandkids and spouse.

You're not alone and *you're not obliged* to spend hundreds of Benjamins on the newest electrical lit Christmas tree or the shiniest Christmas porcelain village that just went on sale in your favorite décor store.



High expectations and Fear of Criticism

It is NOT okay to suffer from these high expectations generated by the things you see on social media or by what your community expects (*we all know that **one** street that has all of the houses fully dressed in Christmas lights and has us wondering how much they're spending on their electrical bill this year...*)

Let go of the weight of all these expectations about how your house should look inside and out, and stick to doing things *because you want to, not because you should.*

So let's tone it down, and walk through your options together, shall we?



High expectations and Fear of Criticism

First, decide right now if you want to have a **Wow Factor** in one place inside your home or if you prefer to have your whole house feeling like a **Christmas Experience**.

If you choose the first one, make sure that the wow factor balances itself out with the rest of the décor in your home.

You may or may not decide to put décor everywhere but if you do, it should be delicate and elegant (*picture small details that don't overwhelm the eye but are nice to look at*) This way you'll achieve a peaceful, warm, and interesting ambiance that prepares your guests for the cherry on top, your *wow factor*.

This wow factor should be in the space where you and your family *will spend the time most*.

Don't assume that *just because the Christmas tree in the living room has been the wow factor by excellence throughout generations, it means that you should neglect other rooms with lots of potential*.

High expectations and Fear of Criticism

Follow that voice inside your head that is telling you “yeah the tree looks nice and all, but we’ll spend all Christmas inside the kitchen and/or dining room enjoying all night, *why spend so much time and effort in the living room Christmas tree if we’re not even gonna be there for most of the day?*”

Follow **your** intuition and remember how **YOU** and your family have spent the last holidays together, and then decide to go all out in that particular space, heck, you can even have a second tree in the dining area!

Choose the setting that will bring you the most joy.

On the other hand if you prefer to create a **Christmas experience** with your decorations, then one easy solution is to decide on a theme, say a Scandinavian Christmas décor with pretty gnomes here and there, choosing a holiday classic like Home Alone and putting hints of the movie in unexpected corners which will make your guests giggle, go all out with some Harry Potter magic, or just opt for small *meaningful details* all throughout your home as your guests walk through each room.



Time Constraints, Financial Stress, Lack of Help or Physical Demands

For all of these, the solution is the same one: go minimalist! I know at first this doesn't sound too exciting but let me crush that perception instantly. The most *luxurious* homes in the world often adopt this style and are focused on having rich quality furniture, fabrics, décor, and wall tones.

They keep it simple for a *good reason*, the focus is not on their décor, but on the *quality of the experience* they offer to their guests.

Think about this for just one second, would you rather spend all your time and money on making your house look straight out of the North Pole **OR** having a beautifully curated décor that leaves room for your delicious cooking or fun family games to be the *protagonist* this season?



Time Constraints, Financial Stress, Lack of Help or Physical Demands

My mother told me something that struck me the other day, “sometimes we remember the photograph more than the experience itself” Why? Because we’ve shifted our attention to focus on being social (I’m looking at you, IG Stories) instead of focusing on being *genuinely connected* to each other.

Now, there’s **nothing wrong** with sharing on social media, but be *mindful* of how much time you spend holding your phone VS how much you physically hold *your family*.

So yeah, keeping it simple leaves space for more genuine connections. Not that investing a lot when you’re able to is going to impede this, rather I’m letting you know that you **CAN** have a *Magical Christmas* this year without that much fuzz.



Clutter and Disorganization

Ok, say you already let go of the expectations, you decided on a theme and you sat down and took an honest look at your budget and now feel at peace with your decisions and you are ready to decorate.

Congratulations! You're almost at the finish line...suddenly, bam! Everything is inside boxes and more boxes, and there's clutter everywhere. You stop and freeze.

It's okay, normally this is a symptom of *something else* entirely but instead of spending entire afternoons going through all of these Christmas containers, you can **hack your way out** of it by discovering all the different ways **one** item can be used throughout your house.



Clutter and Disorganization

An easy example of this is the trending garland and tension rod décor that is all over the IG/FB/Pinterest.

Instead of buying *more garland* or finding it inside the dozens of boxes in your garage, you can **simply** use the branches of your artificial Christmas tree to achieve the **same look**, and then buy a natural one to substitute it this one time.



This leaves you *enough time and space* during the upcoming year to go through all your décor boxes and decide what stays, what gets donated to charity, and what goes to the trash.

It always feels so good to get rid of what you no longer need. **Get creative** and repurpose what you find on the first boxes!

Sentimental Attachments to Objects

During each war (I know, you're like **what?** But **trust me** it gets meaningful) too many people were left with no papers, no personal items, *nothing*.

My late Great-Grandmother also suffered from this, so when one of my aunts got divorced and was facing losing her home to cover the costs of the lawyers, she asked her how she managed to leave *everything* behind and start over.

My Great-Grandma answered: "Honey, *it's just a house, and wherever you go you'll always take the memories with you.*"



Sentimental Attachments to Objects

So I invite you to keep holding dear in your heart those first tree ornaments from the first home you bought or from when you had your first child, but **take a photo of them** instead of keeping them *gathering dust* in the attic, every time you look at it **you will remember** all the good memories they gave you.

With this not only will you keep cherish them forever, but also have your home feeling lighter and more organized. **It's a win-win!**

Remember, this Holiday Season what matters most is your well-being, your happiness, your own dreams, and your loved ones including the ones that have four legs and lots of fur of course!


Happy Holidays, enjoy the hot cocoa! 🍵

With Love,

-Aracely



P.s. Look over there. ⚡



Hello! A very special
surprise will be
arriving in your
inbox soon, be on
the lookout. 🙄

Prepare to be Spoiled!