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Holiday tunes are OK, but experts say listening to too much Christmas music or hearing it too soon can cause anxiety and depression. Share on PinterestAs, once little ghosts and goblins are tucked into bed on Halloween night, it seems the flip switch and Christmas lights emerge as the kidneys want to spring. Thanksgiving? What is this? The November holiday has little room to wander between haunts Halloween and ringing Christmas bells.Indeed, it seems the marketing ploys begin to push the hilarious old St. Nicholas as soon as Halloween candy is on the making. This phenomenon, known as Christmas Creep, means that stores play festive tunes all the time before. This gradual Christmas crawl can have a negative impact on your mental health, says clinical psychologist Linda Blair.Slipping into Christmas music before the holiday season officially can actually make you more anxious and depressed, she told Sky News. Christmas music can annoy people if it's played too loudly and too soon, Blair said. It can make us feel like we're trapped. It is a reminder that we should buy gifts, serve people, organize holidays. Some people will react to this by making impulsive purchases that the retailer likes. Others may just leave the store. It's a risk. Christmas music can be like a kind of opening bell for the holiday season. The songs actually trigger a countdown clock in our minds and can cause stress and anxiety about the number of items that we need to complete before December 25, said Scott Dehorty, a licensed certified social worker and executive director at the Maryland House Detox, a treatment center in Linthicum Heights, Md. Instead of feeling the warm feelings of family and giving, he told Healthline, it can trigger thoughts about how many people we need to shop, plan parties, travel, meet relatives we may not want to see, and all sorts of negative feelings. Indeed, the Tampa Bay Times reports that Best Buy strikes the first chord on Christmas songs in stores on October 22.Soon after, on November 1, major brands like Sears, Michaels, and Lane Bryant follow. From there, others begin to seep into the tunes through November.More than half of retailers on the Times schedule wait for the day or the day after Thanksgiving.The threat of sanity is particularly strong for retail and seasonal workers who dish out holiday cheers despite a steady stream of stressed shoppers. People working in stores for Christmas should learn to set it up, Blair said, because if they don't, it really makes you not able to focus on anything else. You just spend all your energy trying not to hear what you hear Kate Chapman, now a holistic medicine specialist, worked as Mrs. Claus in Radio City Christmas Spectacular every holiday season from 2001 to 2006. I lived with an endless loop of festive tunes and Ho, Ho, Ho runs through my brain, she said she Chapman, Christmas creep started before Halloween every year, when rehearsals for the iconic Broadway shows began. I came every day and heard Christmas music pouring out of every room I went through, she recalls. The Rockets rehearsed their numbers over and over and over again, providing an endless cycle of Twelve Days of Christmas or Christmas in New York. I sang and danced for hours every day, immersing myself in Mrs. Claus's world. Christmas consumed me, day in and day out, before our opening before Thanksgiving. By the time December 25 arrived, Chapman, like many holidaymakers and performers, had little room for a real vacation to cheer. It was utterly tiring to produce Christmas exuberance four times a day. That kind of rapture is wonderful when it's real, but when it's far-fetched, it can be a heavy burden to lift around, she said. Of course, I tried to keep in perspective that spreading to cheer of any kind is a good thing to do. It was much easier for me as Ms. Claus than having to endure hearing the same compact somewhere over a store loudspeaker mixed with impatient customers while working in the retail or food industry, she said. I have had the privilege of working at one of the most well-curated Christmas shows in the United States. Chapman's awareness of her role in the festivities may have helped her maintain some level of self-control through physical and emotional demands. This clarity, says Dehorty, is the perspective we all need to help us maintain stability in the hectic holiday season. While it's hard not to listen to Christmas music as you're out and about, you shouldn't enjoy it, says Dehorty. One of the problems is that we all feel that we should enjoy the music and atmosphere - you don't. Make the holiday that you want and enjoy it. Start a new tradition that you look forward to. In fact, if you are relishing the opportunity to cover your house in lights and garlands, then take it. People who decorate holidays early may actually be happier than people who wait or don't decorate at all. Steve McKeown, a British psychoanalyst, told UNILAD. In a world full of stress and anxiety, people like to be associated with things that make them happy, and Christmas decorations evoke these strong feelings of childhood, McKeown said. The decorations are just an anchor or a path to those old childhood magical emotions of excitement, so putting up these Christmas decorations early expands the excitement. There is another advantage of decorating for the holidays. A study in the Journal of Environmental Psychology found that people who put up decorating signal to their neighbors that they are friendlier and more open than that don't decorate. Your love of inflatable snow balls and illuminated deer can help you integrate into your neighborhood and build a stronger social network of friends. Having people around you who educate and support you during time The season can really help you endure this - especially if ever there comes a point where you've heard I'll be home for Christmas just one too many times. Michael Ochs ArchivesGetty Images Moment calendar hits Thanksgiving, Christmas carols on us like a horde of flat-screen starved Black Friday doorbusters (and frankly, we wouldn't blame someone for starting to cheer a bit earlier this year). Fortunately, TPG is here to curate the playlist, collecting the 30 best Christmas songs that don't hurt no matter how long you leave them propped up in the living room. Take this eggnog and join us, don't you? Advertising - Continue reading below Have Yourself A Little Christmas, Frank Sinatra Nobody knew how to tackle the mid-tempo affair as Of Blue Eyes, who took this low-key Judy Garland number to meet Me in St. Louis, shuffled the texts around, and came out with a fedora-full gold feast (or should we say platinum?) buy now Santa Claus Comin' in the city, Bruce Springsteen They don't call him a boss for anything, and when the boss tells you to be good for God's sake, you sit down, shut up, and listen. Buy Now All I Want for Christmas You, Mariah Carey It Just Won't Be a Roundup of Christmas Songs without this iconic Mariah Carey rendition. Go and get ready, but leave the high notes to the diva. Rockin' Around the Christmas Tree, Brenda Lee While most 13-year-olds have been busy opening Easy-Bake Ovens and G.I. Joes on Christmas Morning in 1958, Brenda Lee has been belted away for the future Christmas classic, which will go on to sell 25 million copies. Needless to say, no holiday is complete without a rousing rendition of this waiting for Santa to come squeezing down the chimney. Buy Now Run Rudolph Run, Chuck Berry's most famous backdrop for the home alone of the iconic airport scene, Run Rudolph Run - an uptempo boogie from the actual father of American rock 'n' roll (sorry Elvis) - is the perfect antidote for a Christmas caroler who could never keep Dasher and Dancer straight. Buy Now Christmas Makes Me Cry, Casey Musgraves If You Feel a Little Melancholy This Year (and Who's Not in 2020?), Add Musgraves to the modern christmas classic makes me cry in my playlist. Be warned though, this will put a damper on the holiday party (whether virtual or socially removed). Wonderful Christmas, Paul McCartney Believe, Josh Groban Some of the most iconic Christmas songs come from movie soundtracks. Example: Josh Groban in Believe, which was featured in the Polar Express. Little Boy drummer, Jimi Hendrix While Jim Hendrix's feedback piercing rendition of Star-Spangled Banner remains his most famous instrumental, this holiday cover may just be his best. Buy Now White Christmas, Bing Crosby Author Irving Berlin for 1942 Classic, Holiday Inn, White Christmas as the best-selling single of all time and with good reason. Between Bing Crosby's silky crown Berlin has a keen sense of nostalgia, it's one of those rare occasions when only the original do. Buy Now Silent Night, Temptations What Do You Get When You Combine One of the Oldest (and Most Beautiful) Christmas Classics on Earth with the most famous soul band in the world? Fireworks and water pipes, that's what. Buy now Blue Christmas, Elvis Presley Sometimes you can't make it home for the holidays, no matter what you do. In those moments, whether it's stuck at your desk or stranded at some god-fert airport terminal-let Blue Christmas (and a shot of whiskey) to keep you company. Buy now Christmas time here, Mark Kozetek nineties-heart-turned-grumpy-old-old Mark Kozetek is a real werewolf of music. From AC/DC to Judy Garland and everything in between, there's nothing to which Kozetek didn't apply his template, including holiday standards. Just check out his brooding, rumitative version of Christmas time here and you'll see exactly what we mean. Buy Now Joy World, Dolly Parton going ahead and Holly Dolly Christmas this year. O Come All Ye Faithful, Weezer Traditional is certainly not, but Weezer trademark blankets fluff (oh glorious fluff!) sure keep you warm until hot cocoa kicks in. Buy now Carol Bells, Lindsey Stirling Prefer instrumental track? Impose on Lindsey Stirling's dramatic take on the classic Carol Bells. Back Door Santa, Clarence Carter Covered by the likes of Bon Jovi, Black Crowes, Jet, and Brad Delp (Boston Glory), Back Door Santa became a rock 'n' roll Christmas classic, but the original-impossible catchy, sexually dubious 12-bar romp from Alabama bluesman Clarence Carter still blows them all off the dive bar stage. Buy Now Baby, It's Cold Outside, She and He You certainly can't blame Frank Loesser for the original, but cat-and-mouse lyrics have become undeniably tone deaf by today's standards. Enter She and Him, a folk collaboration between zoe Deschanel and singer-songwriter M. Ward, who, with a simple flip gender roles, provides a simple yet refreshing update. Buy now Soulful Christmas, James Brown's Christmas songs, like Folk Standards, will be reimagined and reimagined for the rest of time, but no one will ever be better qualified to sing Soulful Christmas than the godfather of the soul himself. If you're looking for the perfect pick me up come Christmas morning, this one plus coffee IV-should do the trick. Buy now O Come O Come Emmanuel, Sufjan Stevens While the genty strummed banjo and meandering pan flute can't scream HOLIDAYS HERE WE COME!, the master of modern Christmas carols, Sufjan Stevens, uses them for a devastating effect here, asking questions of faith and mortality on this modern Christmas classic. Buy now Christmas Island, Leon Redbon Sometimes Christmas is best spent with your feet in the sand and pina colada in hand. In those moments, let Leon Redbon fresh Christmas Island - made famous by Jimmy Jimmy You're heating up next to the Luau fire. Buy now Mele Kalkimaka, Jimmy Buffett Talking about Mr. Margaritaville, Buffett earns a place in the holiday rotation with his predictably bland take on Mele Kalkimaka. Meaning Merry Christmas in the Indigenous dialect of Hawaii, this 1996 classic-soaked syrup slide guitar and served by the pool is a must-play for every Parrothead on your list this season. Buy Now When My Heart Finds Christmas, Harry Connick Jr. Getting the original song introduced into the Christmas canon isn't an easy task, but on his triple platinum holiday collection When My Heart Finds Christmas, Harry Connick Jr. has managed to pen at least three, including the title track, exploring what's happening to the so-called Christmas spirit as the years begin to pile up. Buy now O'Tannenbaum, Vince Guaraldi Trio Feeling a little down this holiday season? Don't worry, it happens to the best of us. In these sad moments, as the snow flutters quietly down in the dark, throw on Vince Guaraldi's iconic O'Tannenbaum and remember of Charlie Brown picking up the sad, lonely tree in the party. If it doesn't put empathetic smiles on your face, then nothing will. Buy Now Happy Xmas (War is over), John Lennon and Yoko Ono One part Christmas carol, one part of the song protest, Happy Christmas (War is over) is different from most of the songs on this list, challenging listeners to hope for more than just a happy holiday for their loved ones. And although written specifically in response to the Vietnam War, this message still sounds loud and clear today. Buy Christmas now in Hollis, Run-DMC Sampling Frosty the Snowman, Jingle Bells, Joy of the World, of course, the aforementioned Backdoor Santa, Run-DMC created at Christmas in Hollis the ultimate modern holiday song: technicolor a multitude of cultures, influences and beliefs, tapped, wrapped, and hit. Buy Now Merry Christmas (I don't want to fight tonight), Ramones Not only holidays once a year you and your loved ones should get along, it's also the one time of year you're more likely not to do. Luckily, the Ramones' perfect punk rock treatise, Merry Christmas (I don't want to fight tonight), is all you need to save the whole team- from crazy uncle to an unsuspecting girlfriend-copacetic this Christmas. Buy now Rudolph the Red-Nozhny Deer, Burlie Ives If you've ever seen the 1964 iconic made-for-tv movie Rudolph the Red-No deer, then it doesn't need a presentation. If not, consider Burl Ives's spoiler-heavy title track Holly, hilarious cliff notes. Buy now Let it snow! Let it snow! Let it snow! Dean Martin there are more timeless lyrics in the canon of Christmas than about the weather outside scary /but the fire is so delightful? Just don't doubt its authenticity, however, as writer Sammy Kahn originally wrote Snow-covered classics in the middle of the sweltering July heat in Hollywood. Buy Now It's starting to look a lot like Christmas, Como No matter what version of this annual holiday harbinger you're spinning this season, the online comment section will always look the same: Christmaholics from around the world writing to announce: I can listen to this at any time of the year! And if it's not an official Santa Claus notation brand, we don't know what it is. Buy now this content is created and supported by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io christmas time is here piano sheet music pdf free. christmas piano duets free sheet music pdf. last christmas piano sheet music pdf. white christmas piano sheet music pdf. free christmas piano sheet music pdf. all i want for christmas is you piano sheet music pdf. my grownup christmas list piano sheet music pdf. charlie brown christmas piano sheet music pdf

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