



10 Tips for Surviving the Holidays

1. Give yourself permission to decline invitations to gatherings that you feel obligated to attend.
2. Each day, spend quiet time for yourself, so you rejuvenate yourself! Give yourself the gift of peace this holiday season.
3. Get enough sleep every night. You can't make up for it next year!
4. When you aren't in the quiet of your own home, spend the season with people you enjoy and want to be around. Focus your time on the special people in your life and good times & laughter together.
5. Get organized and plan your holiday season to avoid doing things at the last minute.
6. Hire someone else to clean your house, buy groceries and run errands. During this especially busy season delegation is key to keeping your sanity! You don't have to do it all yourself! Involve your children – they can help with decorating the house, making holiday greeting cards, baking, wrapping and more!
7. Eliminate traditions you don't enjoy and create new traditions and lasting memories.
8. Do a good deed. Volunteer your time and talents, donate toys to needy children; do something in the spirit of the season.
9. Instead of waiting in long lines in stores and in traffic, make holiday shopping easier by buying the same items online or from catalogs. You'll save time and frustration. The added shipping and handling costs will be well worth it!
10. Have realistic expectations - this is key to having a successful holiday season.

Have a Happy and Safe Holiday Season!

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