



## **10 Tips for Surviving the Holi-DAZE**

The holiday season is always a busy time of year. Since you know this today, start ensuring an enjoyable season filled with joy right now!

1. Give yourself the gift of peace this holiday season. Take some quiet time for yourself each day so you rejuvenate yourself! Examples include: read a book, listen to holiday music, practice yoga or meditation, etc.
2. Give yourself permission to decline invitations to gatherings that you don't care to attend.
3. Ensure that you're getting enough sleep each night.
4. When you aren't in your own home, spend this season with people you enjoy and want to be around. Focus your efforts on the special people in your life and good times & laughter together.
5. Get organized and plan your holiday season early to avoid the last minute hustle and bustle. Schedule fun activities like attending holiday plays, concerts, movies, etc. Leave extra time for spontaneous activities too!
6. Get help! Hire someone else to clean your house, buy groceries or run errands. During this especially busy season delegation is key to keeping your sanity! Don't feel like you have to do it all yourself! Involve your children and loved ones – 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 ones with 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 traffic and long lines in the store, make holiday shopping easy by buying online or from catalogs. You'll save time and frustration. Often shipping and handling will be free, but if not, it may be well worth it. Having items shipped directly to your recipient will save you time on wrapping, packaging, and lines for mailing.
10. Have realistic expectations - this is key to having a successful holiday season.

***Have a Happy and Safe Holiday Season!***

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