

## Tips to avoid holiday stress

There's no need to let the frantic pace of December turn you into a Grinch. Let these tips increase your enjoyment of the holiday season. Remember – lower stress levels lead to a healthier you.



- **Create realistic expectations.** If your holidays are more “Christmas with the Kranks” than a Norman Rockwell painting, that’s OK.
- **Say “no” to extra obligations.** Plan ahead, set priorities of how you will and won’t spend your time this season, and be sure to block off time for things you really want to do during the holidays.
- **Ignore media pressures to overexert and overspend.** Remind yourself that these are marketing ploys and don’t give in to pressure to spend and do more.
- **Set a budget and stick to it.** Money problems do not disappear with the glow of holiday lights. Stay the course and give gifts that reflect your personal style, not a high price tag.
- **Eat and drink sensibly, get enough sleep and try to get a little exercise.** You’ll be less cranky if you’re taking good care of yourself.
- **Create new holiday traditions that fit in better with your family and friends.** Review your various holiday activities and let go of those traditions that drain your time, money or energy.

## Tips to avoid holiday stress

There's no need to let the frantic pace of December turn you into a Grinch. Let these tips increase your enjoyment of the holiday season. Remember – lower stress levels lead to a healthier you.



- **Create realistic expectations.** If your holidays are more “Christmas with the Kranks” than a Norman Rockwell painting, that’s OK.
- **Say “no” to extra obligations.** Plan ahead, set priorities of how you will and won’t spend your time this season, and be sure to block off time for things you really want to do during the holidays.
- **Ignore media pressures to overexert and overspend.** Remind yourself that these are marketing ploys and don’t give in to pressure to spend and do more.
- **Set a budget and stick to it.** Money problems do not disappear with the glow of holiday lights. Stay the course and give gifts that reflect your personal style, not a high price tag.
- **Eat and drink sensibly, get enough sleep and try to get a little exercise.** You’ll be less cranky if you’re taking good care of yourself.
- **Create new holiday traditions that fit in better with your family and friends.** Review your various holiday activities and let go of those traditions that drain your time, money or energy.

## Tips to avoid holiday stress

There's no need to let the frantic pace of December turn you into a Grinch. Let these tips increase your enjoyment of the holiday season. Remember – lower stress levels lead to a healthier you.



- **Create realistic expectations.** If your holidays are more “Christmas with the Kranks” than a Norman Rockwell painting, that’s OK.
- **Say “no” to extra obligations.** Plan ahead, set priorities of how you will and won’t spend your time this season, and be sure to block off time for things you really want to do during the holidays.
- **Ignore media pressures to overexert and overspend.** Remind yourself that these are marketing ploys and don’t give in to pressure to spend and do more.
- **Set a budget and stick to it.** Money problems do not disappear with the glow of holiday lights. Stay the course and give gifts that reflect your personal style, not a high price tag.
- **Eat and drink sensibly, get enough sleep and try to get a little exercise.** You’ll be less cranky if you’re taking good care of yourself.
- **Create new holiday traditions that fit in better with your family and friends.** Review your various holiday activities and let go of those traditions that drain your time, money or energy.