



# *Holiday Stress Reducers*



1. Plan out your holiday calendar of activities and chores well in advance. This allows you some down time to just enjoy the season and get your exercise. Keep a task list to use year after year.
2. Try to make general plans for where to spend various holidays and who visits whom for each, but be flexible, if needed.
3. Cook or bake some foods in advance and freeze; build up your collection of lower calorie holiday recipes.
4. Play relaxing holiday music often.
5. Plan ahead how much you can afford to spend for gifts and budget how much to spend for each person or each family.
6. Consider drawing names for gifts (well in advance) to reduce the number of gifts you need to buy.
7. Discuss with the people who have everything they need the idea of giving gifts to each of your favorite charities instead of exchanging gifts.
8. Give gift certificates.
9. Choose one or several gifts to buy or make in bulk.
10. Keep the lines of communication open regarding holiday plans and other issues. Be a good listener, but also express your feelings in a tactful way.
11. Begin or continue some holiday traditions that focus on the meaning behind the celebrations.
12. Volunteer for a project that helps others, or do something special for someone.

