

30 Tips to Reduce Holiday Stress

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Make self-care a priority, and all else will go better.	2 Set a spending budget and stick to it.	3 Avoid overwhelm. Set limits on what you offer to do.	4 Be clear with your kids that you won't be granting every wish.	5 Keep it simple.	6 Express gratitude for the good in your life.	7 Own your feelings, even it means you must grieve or cry.
8 Get adequate sleep daily.	9 Stay hydrated.	10 Give tickets for events and experiences instead of disposable gifts.	11 Celebrate the way you want, not necessarily as your mom did.	12 . Plan family activities that foster cooperation, not competition.	13 Pick your battles.	14 Reach out to lonely friends, neighbors, and/or acquaintances.
15 Discover which rituals are meaningful to you, and do those.	16 Volunteer to help the less fortunate in your community.	17 Celebrate in a new place, city or country.	18 Start a new holiday tradition.	19 Invite someone new to your family dinner.	20 Avoid toxic folks who thrive on confusion and conflict.	21 Prevent and reduce stress by laughing more.
22 Donate to a charity in the name of your usual gift recipients.	23 Give homemade gifts instead of store-bought ones.	24 Make time for quiet, prayer or meditation daily.	25 Put your inner critic on vacation.	26 Make time to cheer up animals in a shelter.	27 Play festive music to boost your mood.	28 Treat yourself to a massage, facial, or other pampering you enjoy.
29 Learn to say no.	30 Maintain exercise that works with your lifestyle.	<p><i>Compliments of</i></p> <p>★ ★ ★ ★ ★</p> <p>Flora M. Brown and Gladys Anderson</p> <p>florabrown.com ★ ★ ★ ★ ★</p> <p>gladysanderson.com</p>				