

Holiday Stress Strategies

*How to maintain your composure
when everyone else, especially your
kids, in-laws and out-laws seem to be
losing theirs.*

Chaplain Jim Ellis

Strategy One

Recognize that the period between 15 November and 2 January is a period of heightened stress!

Strategy Two

Remember “Flexibility” is a friend not an enemy.

Strategy Three

Avoid *Debt* if at all possible!

Debt is relentless.

Strategy Four

Practice Holiday Relaxation Exercises

- Lamaze techniques work in the check out line and your families house as well as in the labor room. *Hee - Hee Ho!*
- Get a “Grip on Your Lips!” Gauge your emotions before you respond.
- Shop with a friend. Give them permission to call “time out!”
- Daydream as you wait in line.
- Plan a coffee break as you shop to enjoy the sights and sounds of the holidays.

Strategy Five

Remember you are in charge!

- Your Visa, Mastercard, Discover, American Express are not! *Debt is an enemy!!!*
- Manage expectations.
- Don't be afraid to “just say no!” to your kids, spouse, family and _____.

Strategy Six

Take leave. Don't depend on your days off to get things done.

Strategy Seven

Develop family traditions unique for to your family.

Strategy Eight

Start shopping today! Small trips often work better than a big blowout.

Strategy Nine

Plan to give to someone less fortunate.
Volunteer as a family to serve someone
else.