

# SURVIVING THE HOLIDAYS

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## 5 Quick Tips – Surviving the Holidays

1. **Start Early.** Whether you begin in September or October, or even earlier, starting a few weeks or months early will give you a better chance of reducing the stress that accompanies the holidays
2. **Unclutter and Purge.** Before you can change or improve upon what you used to do, you need to know what you have to start with. Decide what you want to keep and what to get rid of
3. **Organize.** To aid you in your goal of ‘Getting Ahead,’ you need to get organized. Set up a Calendar, Mailing, Gift and Grocery Lists, Event menus, etc.
4. **Do your Holiday Shopping Early.** Months earlier if you can. Consider Gift cards, purchase a few each month. Buy extra gift cards in case you forget someone. If you don’t need or use them it’s a present for you!
5. **Make time for yourself!** In our efforts to please everyone else, we often forget the most important person, ourselves. make sure you have some open time for yourself. schedule one or more open days with nothing to do. Let’s call them “Mental Health” days.

Make all your appointments for hair styling, manicures, etc., now through mid-December. And don’t forget grooming appointments for the reindeer! I mean, your pets.

And finally.... pat yourself on the back for getting ahead this year!