

Stress Busters for the Holidays



Be the first name on your list, giving yourself the gift of a stress, anxiety and guilt-free holiday season



Avoid excess food, alcohol and caffeine



Take time to nurture yourself with a brisk walk, your favorite music, a warm bath, a good book



Surprise an old friend with a phone call instead of a card



Appreciate the simple pleasures of the season: snow falling, children, candlelight, a hot cup of tea or cocoa



Forget the “shoulds” and make commitments to do only those things you and your family really **want** to do



Practice seeing the humor in all your holiday challenges



Plan a special event for you and your family in the New Year to beat the post-holiday blues.



Spend within your budget, and avoid January’s financial hangover



Remember that each year presents opportunities for remaking old and adding new traditions to your family’s celebration



Embrace a positive attitude of gratitude for all your blessings

KWANZAA

