

Cruise through the Holidays with Less Stress

The holidays are often the busiest time of the year. Slow down and enjoy it.

- Remind children that the cost of a gift does not determine its importance. Friends and relatives appreciate homemade treats or handmade gifts.
- Check in your community for family events/activities that are inexpensive or free.
- Make a budget for holiday spending. Think about what you can afford to spend on gifts, decorations, and travel.
- Help out a neighbor or relative. Tell children that helping and sharing are an important part of the holidays.
- Find time to relax and reflect.

When you feel overwhelmed, take a break and try one of the following:

- Take a deep breath and count to 20
- Take a walk outside
- Phone a friend
- Laugh

