

10 Tips to Handling Holiday Frenzy

1. Set limits on expenditures of time, energy and money.
2. Try to set realistic expectations. Organize your time and make a list of what you need to do with the highest priority items on top. Decide what “makes the magic” for you and consider eliminating the rest.
3. Involve your family in preparations. Don’t try to do everything on your own.
4. Keep yourself healthy. Try to get enough sleep and eat well. Avoid turning to alcohol as an escape.
5. Don’t rely on the “we’ve always done it that way” set of traditions. Times change and sometimes traditions need to change as well. If your family isn’t excited about the annual family dinner during the holidays, try to come up with new traditions. What about attending a local church or school concert together and then going out for pie?
6. Try not to quarrel at family gatherings. Refrain from making sarcastic comments. Approach someone you disagree with at a more appropriate time. If you are going to see people you have a history of conflict with, try to stop and think about what you appreciate in that person, before you see him/her.
7. If you’re lonely or depressed, talk to someone. If you don’t feel comfortable talking to family or friends, get in touch with a counselor.
8. Be flexible with children. Prepare them for the holiday get-togethers; practice saying “please” and “thank you” during playtime. Expect that they may become tired or cranky.
9. Share laughter. When someone else is struggling with holiday stress, try to put a smile on his or her face. Chat with a crabby person in a check out line, give a co-worker a funny card, or tell your child a funny story from your own childhood.
10. Keep it simple.