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Now that Thanksgiving has passed, everyone will turn their attention to the upcoming holidays. Does it stress you out to think about the holiday and all that you have to do? If so, here are a few quick tips:

- Make a list of things you want to accomplish before December 25th
- Prioritize your list – what can you do now, what can you do later and what can you accomplish by doing it online
- Think about breaking down the tasks into what you can do each week before December 25th. Perhaps you can coordinate something needed for Christmas with everyday errands that you do

As you accomplish each task you can cross it off your list. When you look at your list you will feel better about what you have already done.

Finally, if you still feel stressed about the holiday, try something different. Instead of making a “to do list”, make a “not to do list”. By making a “not to do list” you are basically saying no to things you don’t want to do or have time to do