

10 TIPS FOR SURVIVING THE CHRISTMAS SEASON



- 1. Give back.** The holiday season is a great time to give back to those who are less fortunate. Pick a worthy cause (or two) that speaks to you. Remember you don't have to donate money – volunteering your time or donating used clothing is just as helpful as cash donations. At work supplement a gift exchange with donations to an agreed upon charity. At Life Strategies we donate to World Vision
- 2. Schedule in Christmas events that you'd like to attend.** Check websites for dates of your favourite events, go out to see the Holiday lights or go caroling with friends - along a street (a "Candy Cane" lane) or at a public park (like van Dusen Gardens) and take your favorite hot beverage. Invite friends and family to attend with you, creating new Christmas "traditions" to treasure.
- 3. Bake Bake Bake!** If you haven't already started your Christmas baking, be sure to do that right away so you don't go all season without your favorite Christmas goodies. Spend a fun afternoon with a friend or family member, get out all your favorite recipes, and a few new ones this year too. Don't forget to sample as you go! - check out page two for our special section of Life Strategies' Teams favorite Christmas recipes.
- 4. Start shopping now!** Buy whatever comes to mind and then you can sort out and return if you need to. Make sure to request a gift receipt!!
- 5. Take time to enjoy the holidays and the quiet break from work (if you get one!).** Have fun – get out and build a snowman if you have snow or find other ways to play and relax. Set aside some unplanned time to allow for spontaneous activities or some peaceful quiet time to reflect on the year past and the year to come.
- 6. Shop online!** Avoid the stress of busy parking lots, malls and stores. Check out this message from the [Better Business Bureau](#) for online shopping safety tips.
- 7. Give the gift of time instead of money.** Spend less time in the stores this Christmas and more time with those you love.
- 8. Practice "Toy In, Toy Out."** Before a new round of goodies enter your house, have your kids de-clutter their rooms. Recycle what's appropriate and donate what you can to charity – not only does this help avoid toy overflow it teaches kids the importance of sharing.
- 9. Suggest a Secret Santa.** Rather than the stress of buying for everyone, implement a family draw. Each participant, usually only those over 16 or 18, draws one name and buys that person a gift for a set amount.
- 10. Exercise!** This can be really helpful for managing the holidays - for some, holidays can be stressful and taking time to walk, ski, skate, do yoga, and so on, can be a very effective way to regroup and feel energized again!



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604.856.2386
info@lifestrategies.ca
www.lifestrategies.ca