

# Keep it simple

Embrace your most treasured holiday memories from growing up—signature dishes, song-singing, family stories—and enjoy the time with the ones you love.



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# Stay organized

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Write important days on a calendar such as shopping for gifts or food, decorating, seeing a show, etc. to help you prioritize and stay focused.



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# Be active

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Make a list of fun activities you can do with friends, family or by yourself. Go for a walk outside or try a new workout class to keep stress at bay.



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# Divide up tasks

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Include children and extended family in dinner prepping, gift wrapping and cleaning up.



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# Set your spending limit

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Lack of money is one of the biggest causes of stress during the holiday season. Know your budget and don't spend more than you've planned.

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# Practice self-care

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Take a few minutes to find one thing you feel good about right now, and then linger on that thought for as long as you can.



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