

Reducing Holiday Stress: How to Have A Fun Holiday Season ...And Stress Less!



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December 2010

You can play the holidays by your own rules. You can take care of everyone else ... or you can take care of yourself. Focus on how to make the holidays more fun and (almost) hassle-free. Examine what's important and not, make plans that support your goals. You have the power to make the holidays magnificent, relaxed and fun.

December is the month of duality ... **Cheerful** for the holidays, **sad** for the expectations or for missing loved ones no longer around or at a distance and **anxiety-producing** for money concerns, stress and time issues. It's about love and family and giving And, it's about receiving, demands, resentment.

How will you deal with all the emotions of the next couple of weeks? How will you compensate for what's missing? How will you celebrate what's present?

Remember to take time to honor all of your feelings and needs. **Take care of yourself ... So you can take care of others!**
AND, Have FUN along the way.

I HOPE YOUR HOLIDAYS ARE WONDERFUL and HEARTWARMING!

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