

# Holiday Hassles?



## Healthy Habits that Help

Set Realistic Goals

Reduce Expectations

Simplify, Simplify

Delegate, Delegate

Stay on a Budget

Take Care of Yourself

Eat Right, Exercise, Rest

Stay in Touch

Remove "Always" and "Never"  
from Your Vocabulary



## Traditions

Together...

Read holiday books

Address cards,

Decorate house, tree, cookies,

Include children in planning,

Try a family pot-luck,

Involve children in creating  
handmade gifts,

Observe past traditions...and  
create

New ones.

Schedule quiet times.

Happy Holidays