

GIFT GUIDE

How to stop trying to do it all and actually relax over the holiday

For many people, the pressure of trying to create the “perfect” Christmas can make the season seem daunting and stressful. If you want to relax and enjoy the holiday as much as your family this year, you need to resist some of the pressure. Here’s how to do it:

• **SAY NO.** Around the holidays, it can feel like all your free moments are booked. Instead of accepting every invitation you get, stay home on occasion. Use such evenings to make cookies and watch Christmas movies in your pyjamas, or order take out and eat in the living room.

• **OUTSOURCE.** If you’re hosting dinner, instead of cooking a multi-course meal yourself, ask your guests to bring some of the dishes. Or better yet, have your entire event catered. You’ll enjoy your party that much more if you’re not in the kitchen the whole evening. Your guests will also be happy to spend more time with you.

• **THINK QUALITY NOT QUANTITY.** To relieve the stress of needing to buy the perfect gift for everybody on your list, organize the type of exchange with your family or group of friends in which everyone only buys for one other person. Picking names from a hat tends to be the best way to arrange these types of gift exchanges.

At home with your kids and spouse, consider buying only one bigger gift the whole family can enjoy instead of a bunch of smaller presents. It’ll save you the time and effort normally involved with buying multiple presents.

This year, make a pact with yourself and your loved ones to keep Christmas simple. A lighter, more carefree holiday is the best way to ensure that everyone gets to relax and enjoy the spirit of the season.



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