

HOLIDAY Gifts & Lifestyle

Here are 10 things to get done in December to ease your holiday workload and stress.

Use calendars and checklists to help with planning and preparation.

Get the entire family involved. You don't have to do everything yourself.

Plan the menu. Make a shopping list and shop early for non-perishable items.

Set a budget for gifts and other holiday items and stick to it.

Shop for gifts early or online.

Wrap gifts as you go.

Ready the fridge and freezer.

Take a nature break. Go for a walk.

Research a charity and donate.

Keep it real. Unrealistic expectations of trying to do everything yourself and expecting perfection are overwhelming and stressful. Choose what's important, look at priorities, pick what you love and skip the rest.

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