

Tips for Holiday Organization

- 60% of all stress comes from being disorganized. This leaves us feeling overwhelmed and anxious.
- Make firm decisions regarding the following areas:
 - amount of money to be spent
 - number of functions/events you will attend
 - expectations for special diets
- Keep your goals and expectations realistic.
- Become comfortable with saying "no" when asked to do something you don't have planned or do not want to include in your schedule.
- The freezer is your best friend! Make/bake ahead as much as possible and wrap securely before placing in your freezer. Remember to allow ample thawing time before using.
- When faced with an opportunity that will add time and/or stress to your schedule, stop and ask yourself these questions, "Is this something that will add value to my life?", "Is this something I WANT to do?", "Will this have a significant impact on my life in the future?", "Will this make any difference (1 year/5 years/10 years) in my life if I choose NOT to do this?"
- Delegate as much as possible. It is true that we only get about 80% of what we want when we assign others a responsibility, but learn to be happy with that!! We don't have to control or micro-manage every little detail.
- Perfection is a non-reality in the world we live in, yet we always think things have to be "perfect". Changing the way we think – from "perfection" to "excellence" – will relieve a lot of the stress and pressure we place on ourself.
- Shift your feelings of self-worth/value from what you "do" to "who you are" and give to others the same consideration for their worth/value.
- Take time out for yourself! Take a nice, hot bath or get a manicure/pedicure. Relax and read a favorite book or treat yourself to a cup of coffee with a special friend. Rest! To rest is NOT to be idle, but it is accomplishing a purpose – to allow your mind and body time to regroup and function in its full potential.