

# Ten tips for Managing Christmas

- Make a list of your holiday activities in order of importance, and follow that schedule.
- Think about the high price worry causes in terms of your health.
- Don't sweat the small stuff.
- Take one day at time, concentrating on today.
- Don't allow traditions to become a burden. Make new traditions if the old ones have lost their meaning or appropriateness.
- Plan ahead and do a little each day.
- Don't try to do it all.
- Spend time with family and friends and draw on their love and support.
- Remember it's the thought that counts, don't set yourself up to please everyone.
- Remember to lower your expectations for yourself this year.

