

# ***Managing Holiday Stress***

- ◆ **Set reasonable goals for shopping and errands.**
- ◆ **Don't overload yourself carrying purchased items. Make several trips to your car rather than try to carry too many packages at once.**
- ◆ **Stick to your budget! Make a list and follow it exactly.**
- ◆ **Don't over-schedule yourself or your family.**
- ◆ **Maintain your exercise schedule.**
- ◆ **Don't let others' expectations or demands cause you to sacrifice your personal standards.**
- ◆ **Try to keep a sense of humor.**



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