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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