

November 2012

Stress Less, Celebrate More!

I stole that title from the front of my Real Simple Magazine. Thank you Real Simple for the idea!

As you might remember from years past, I like to tell people to start getting ready for the holidays right after Halloween. The reason is there is always the same number of days between Halloween and Christmas, but not always the same number between Thanksgiving and Christmas. This year we are a little better off because Thanksgiving is early.

So I thought I'd share with you some of the things you might be able to get done in the month of November so that you can Stress Less, and Celebrate More!

1. Buy your holiday stamps NOW! Go ahead and address those envelopes for your holiday greetings.
2. Start putting together a Holiday Binder full of all the important traditions you want to remember and do not want to have to keep in your mind. The binder should have tabs in it. Some suggestions for tabs:
 1. Recipes - this is where you will put all the recipes you might like to try over the holidays. With the November and December magazines coming in the next couple weeks it would be great to have a place to put those clipped recipes.
 2. Gift Giving Ideas - this is where you might list ideas of what you would like to buy for the different people on your list. You might also like to put a price or limit on the amount you are going to spend for the gift.
 3. Decorations - this is where you will put pictures of your house once it is decorated so each year you do not have to think too much on where certain decorations belong.
3. Make a gift wrapping station. Pull together all the supplies you will need to wrap gifts. Here is what I came up with: wrapping paper, gift bags, tissue paper, bows, ribbons, tape, scissors, gift tags. This way when you purchase your gifts you can wrap them right away and cross that off your list.
4. Decide on a 'theme' for your gift giving. This really is a great idea if you tend to stress over what to buy each person on your list. If you have a theme for the year and purchase all or most of your gifts along that theme your gift-giving will be so much simpler. Here's a few examples of themes:
 1. Books - buy everyone on your list a book or a gift card to a book store, or a gift card for their tablet
 2. Movies - buy everyone a movie, or tickets to the movie, and make sure you include some popcorn with the gift
 3. Pajamas - buy everyone on your list pajamas - how fun to come up with the cutest pajamas for everyone

I hope this gets you all thinking about ways you can stress less and celebrate more this holiday season!