



Simple The 12 Ways of *Christmas*

1. Make a list of what is important and what brings you and your family joy. How would you like Christmas to be? What traditions, events, foods, and fun do you want to include this season? Who do you want to spend time with?
2. For those events that didn't make your list, decide which ones are obligations and which ones you can politely decline.
3. Pace yourself. You have a lot going on. To avoid overwhelm, do tasks little by little. Stretch the baking over several days. Wrap one or two gifts at a time. Do major cleaning in spurts.
4. Simplify décor. Concentrate on small areas you want to make festive, keeping in mind where your family gathers most. You don't have to haul out every Christmas decoration or centerpiece.
5. Keep quick meals ready for busy times. Stock up on your favorite frozen pizzas or buy a couple of rotisserie chickens from the deli. Make a huge pot of chili or double portions of family favorites for simple reheating.
6. Stick to a budget. Think of your budget as a compass keeping you from overindulging and spending too much. You'll appreciate your disciplined self come January!



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7. Enlist help from others. Rather than silently suffer (and fume) ask your spouse, your kids or your BFF to help you bake cookies or package presents. Make extra goodies and trade treats for help..
8. Ask for wish lists from those on your list. While some people balk at this idea, it cuts down on the wondering, worrying, and second-guessing involved with buying gifts.
9. Keep an extra gift wrapped and ready for surprise gift exchanges or those awkward moments when someone presents you with a present and you don't have anything for him or her. Think something generic that would appeal to many people, such as a popular movie or even a gift card.
10. Take care of yourself. Get plenty of rest, eat healthy (most of the time), exercise, and keep up with your water intake. Don't forget to take your vitamins in the busyness of it all.
11. Don't ditch your daily routine. Do those things that keep you sane, such as morning coffee and checking emails or reading before bedtime.
12. Remember the reason for the season. Cherish time with loved ones as you celebrate the birth of the One who came to bring us life and life more abundantly!