Stressless Holidaze

- Organize yourself backwards. Make a list of all the things you need to do then prioritize them and establish mini deadlines. Print out a calendar and place items on each day
- If you can do things early – DO IT! Menu planning, get pantry and paper supplies. Holiday cards done early. Line up babysitters and get prescriptions filled, line up personal services. Check decorations early to see if fixing is needed, shop for gifts early, more you can get out of the way early, the less stress you have during crunch week
- DELEGATE! Do not do everything yourself. Get family to help with cooking, kids can be in charge of pets, table decorations, cleaning, etc. Many hands make light work
- If there is something that gives you extra stress at Holiday time. Don't do it, delegate it, or do it a different way
- We all love holiday snacks and drinks. Stay hydrated! Eat extra healthy between parties
- Power naps. Sometimes a 20-minute couch crash can help reset your batteries. Grab a kid or pet for a few quiet holiday snuggles
- Hire a cleaning lady or pay the kids extra to go above and beyond, hire/delegate yard clean up too
- Create a holiday ritual, actually have some fun during the rush. Movie night, local program, make cookies, do volunteer work together, or play a game. Big or small, the possibilities are endless

Holidays for the Biz:

- If your biz has more than 12 people, start the initial plans in July to make reservations and special event requests. Options if wait too long: Catered buffet lunch at office, Pot-luck with families, perhaps a company themed game
- Delegate a holiday committee early so that December is just finishing touches
- Holiday promotions? Have them in place by October so that any supplies that need to be ordered can be
- Send thank you cards to your top tier clients with or without coupons
- Customer appreciation can be done in a simple letter with coupon to a full-on invitational event
- If 4th quarter is too much to manage along with office holiday plans, then perhaps doing an office party in November or January would be better and less stressful
- In lieu of a party, try a group outing. Charitable orgs need help during the holidays. Or spring for tickets to a holiday themed show or do a scavenger hunt with teams
- If bonuses are being given out – be creative in how they are rewarded!
- Other low-key ideas: Cookie swap, paint n sip, biz/industry trivia game, hire entertainer to come to office, talent show, hire a theater to do a private movie for families, Karaoke, Holiday photo booth
- Alcohol can make a work party stressful (and expensive) Don't serve it, or limit it to one drink, just a glass of wine with dinner or a champagne toast

Stress-Less Travel Tips:

- As soon as you set dates and travel plans, do as many things you can early
- Check suitcases to make sure they are travel worthy
- Get a pet/house sitter in place
- Set travel alerts on your credit cards
- Pull passports, vax cards, etc and put in a staging area
- Get personal service appointments made like haircuts, mani-pedi, massage before/after trip and/or at your destination

- Set up a stop mail service and paper delivery if you'll be out of town (up to 30 days in advance)
- Renew any medication prescriptions, check other toiletries and trip needs for restocking
- Shop for any special purpose clothes/accessories like winter hats, shoes, jewelry, bathing suits
- Set emergency contact info and tell someone where you are going
- Download any aps you may need like uber, banking, e-books, movies, or maps to help with travel or at your destination

Travel Wellness

- Wear comfy clothes that don't bind your circulation sitting on a plane/car and dress in layers for hot/cold environments
- Wear shoes that easily slip on/off
- Reduce caffeine and stick to water as much as possible
- Pack healthy snacks, earbuds, phone charger, ChapStick, book, and favorite tea bags for comfort
- Pack some wipes, couple of Band-Aids, aspirin, safety pin, etc
- gum/lozenge to help pressurize your ears - bring some to share
- If you are traveling to another time zone, try to get yourself on that schedule asap. Set your watch, sleep when you can.
- Use a neck support for sleeping, eye mask, ear plugs
- Move even if you are seated, especially feet/ankles and calves. Get up if allowed and just walk the isle back and forth to keep circulation up and cramps down
- Prepare kids by walking them thru the protocols so they know what to expect, go over safety rules and what to do if they get lost in airport. Traveling may be easy for you, but it can be overwhelming to young nervous systems. Put luggage tags on carried-on stuffed animals in case they “run away”

Have fun! Especially when things "just happen." Instead of freaking out, take a deep breath. Prioritize your decisions to get back on course. Keep comments to others useful and move forward.

Smile - it automatically releases endorphins which help the nervous system. Laugh when you can, it truly is the best medicine.

Nancy J Campbell, LMT
www.campbelllmbt.com
©2022 Campbell Endeavors, LLC