

Coping with Holiday Stress

Everyone can attest to the fact that the holidays are a stressful time of year. There seems to be much to do, and we often times don't allow ourselves much time to prioritize or accomplish our to-do list. In fact, according to Maryellen Dabal, MA, LMFT, in Southlake, this falls under the category of top three stressors. "In my opinion, the top three holiday stressors are financial worries about having enough money to cover holiday expenses, being able to prioritize people and events during this time, and anxiety associated with being with family or friends," Maryellen said.

However, on a positive note, these stressors don't have to bring you down. For example, looking at prioritization —it all boils down to making it simpler for you. "In order to prioritize what is important during the holidays, take time when you are calm and not overstressed to think about what you want to do during the holiday," Maryellen said. "Decide who is important that you be with."

Simplify the holidays so you can enjoy them," Maryellen said. "Delegate responsibilities to others where possible and eliminate those tasks that are not necessary. Allow the kids to help wrap gifts for others. You decide if you have to send out 150 holiday cards that are hand signed with special notes written in each. If this is what is important to you, then absolutely make time for it. Be sure to plan time for the things that are most important to you now."



N.E.A.T. tip:
Katie Oswald

One of the most common questions I hear from clients with young children this time of year is how to prepare for the surplus of new toys. An easy way to make room for the new gifts, and to teach kids a valuable lesson in serving others, is to have each child pick out 5-10 toys that he or she believes another child would like to receive, including toys they have outgrown. Set a date to bring kids to donate their old toys to a local charity. It's a great service activity for kids, and a reminder of what the season is truly all about.

KIDS DIY Place Cards

FUN PROJECT TIP FROM: Michaels®

Create a unique yarn wrapped spool place card using the bold colors of fall.



Time Required: About One Hour
Difficulty Level: Intermediate

Items needed: Wooden spools, various colors of yarn, glue gun and glue sticks, black cardstock, gold leafing pen, artistic wire in brass 20 gauge, scissors, wire cutters, adhesive tape and white felt. All materials can be found at Michaels.

PROJECT INSTRUCTIONS

Step 1: Wrap each spool with a different color of yarn. Tie off to finish. Use adhesive tape to hold yarn in place.

Step 2: Create the wire holder by wrapping the end of the wire around a pencil twice, leaving a 3 tail. Cut wire. There should now be a ring on one end that will hold the card.

Step 3: Wrap a small piece of felt a half inch tall around the straight end of the wire. The felt should be thick enough so that it will stick down in the spool and the wire will not move.

Step 4: Use hot glue to attach the felt wrapped wire to the inside of the spool. Let the glue dry.

Step 5: Cut a small rectangle out of the black cardstock and write names on the card with a Gold Leafing paint pen. Place card into the rings.

