

Holiday Stress: Putting “Happy” Back in the Holidays

with Presenter Cynthia Williams



This seminar will discuss how to balance holiday obligations while taking care of yourself and dealing with difficult family members. Get tips on how to curb overspending and explore ways to really enjoy the season.

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HOLIDAY SELF-CARE PLAN

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1. One thing I would like to have happen this holiday season that probably will not happen is:

2. One friend or group I could make plans with is:

3. One “tradition” I may need to give up is:

4. One positive family member I will spend time with is:

5. One activity I can abandon is:

6. One item or activity I can limit in order to save money is:

7. One alternative gift-giving approach I might consider is:

8. One holiday expense I usually overlook, that I can plan for in this year’s budget is:

9. I will do _____ ahead of time to prepare for the holiday season.

10. One way I could streamline my holiday shopping would be to:

11. One activity we could do as a family is:

12. One thing I can do to take care of myself in this busy time is:

Together, all the way.®



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