



## Here's a Gift To Give Yourself For the Holidays...



Sure you like the holidays. But be honest. Do you also find holiday season draining – of your time, energy and bank account? Want to make the holidays **more enjoyable** this year? Try a little **less**.

- **Do one thing less**. Do you usually send out stacks of holiday cards, decorate the entire house, cook everyone's favorite dish, go to every party, and track down the perfect gift for everyone? Consider this: what could you do a little **less** this year? What could family and friends do to help you? The reward for doing less and asking for help can be a less frazzled you for the holidays!
- **Expect a little less**. Do you dream of "total peace and harmony" every year at the holidays, only to feel let down when get-togethers or plans turn out less than "picture perfect"? Expect the **likely**, instead of the **ideal**, and you'll pave your way to **realistic satisfaction** with the outcome.
- **Spend less**. Here are two ideas: first, set a budget and **really stick to it**. Second, consider how many people on your list would be happy to receive some special time with you, rather than a wrapped present. Make gift certificates to be redeemed later in the year for lunch, a movie or some other "day out." With today's hectic schedules, what could be better than a gift of your time?

At Work & Family Benefits, we understand that **your resources are precious**. Use them wisely and enjoy the holidays!