

Happy Holidays!

Because it's so easy to become overwhelmed by all the want & need-to-do's during the holidays, below are a few tips that help me reduce stress, have more fun, and be more aware of the holy in the holidays.

7 Tips for a more Gentle Holiday Season

1. **Organize, Organize, Organize!**

* Keep a file of gift ideas and check them off when purchased. (If you buy early, jot down where you've stored the gift... I learned that the hard way.)

* Store multiple gifts for an individual in sacks labeled with her/his name.

2. **Spend what you can afford.**

* Be aware of the family's *emotional* bank account, as well as the actual balance.

Be mindful of what *feels* right.

3. **Adopt the KISS philosophy.** (Keep It Simple Sweetie!)

* Eliminate the unnecessary, the uneaten, and underappreciated.

4. **Have realistic and gentle expectations of yourself and others.**

* When possible, do projects and tasks in manageable increments.

* Try not to over-schedule yourself or your family.

5. **Stay flexible.**

* Plans change, emotions and expectations run high, and people are unpredictable (even ourselves). Adopt an attitude of gentle acceptance.

6. **Reach out to someone less fortunate.**

* A great way to expand your heart with gratitude and compassion.

7. **Schedule "down" time to relax and rejuvenate.**

*Live gently with yourself
and others
this holy season...*

Blessings and Hugs,

Sue

New Gift Book!



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