

Safety Tip of the Week

Ways to Slow Down and Enjoy Holiday Season

AFRH

Safety Office wants to remind you that feeling pummeled by the holiday stress need not be. Make this the year you slow down and find your true holiday joy!

5 Tips to reduce holiday stress and increase holiday joy

1. Find your own way to share holiday greetings

If mailing out holiday greetings is important for you please do, however, if too stressful pick out a few photos then upload and have a service like [Shutterfly](#) send them out for you.

2. Embrace imperfection

Sometimes, you'll accidentally burned the roast or your pet knocks over the tree. But you know what? It's not the end of the world.

Remember: When things don't go as planned, you can always pop in a frozen pizza and pick the tree right back up, and it'll be a holiday memory your family will never forget.

3. Feel free to skip some (or all) gifts

If you have a lot of extended family or a large group of friends, you can also consider going for a Secret Santa or White Elephant-style exchange so everyone only picks up one gift to minimize the holiday stress.



4. Rethink the big fancy holiday dinners

Sure, a large family dinner can be lovely, but not if only one person is doing all (or most) the cooking. Consider picking up a pre-made meal to make things easier on everyone, or host a potluck-style gathering with easy-to-make (or inexpensive to purchase) appetizers and treats if that brings you happiness. It'll feel fancy for a fraction of the cost, and you'll spend more time doing what's important — being present with the people you've gathered with.

5. Focus in on micro traditions

Rather than elaborate events and parties, make room for small traditions like seeing how big of a leaf pile we can gather, sipping hot cocoa and apple cider from a paper cup while being dazzled by lights. No matter the event your family will cherish these simple, slower traditions just as much (if not more) than anything money can buy.

