Helpful Holiday Hints!

Holiday’s should be a time to enjoy your friends and family. Don’t let added stress get in the way of your holiday season. Follow these simple tips from ENCOMPASS to ensure a happy holiday:

- **FIND GIFTS IN YOUR OWN HOME.** This is the perfect time of year to go through your home with a large plastic bag, and gather all those items you no longer need or want. The holiday season is the perfect time to donate clothing, toys, coats, etc. to needy families. Donate to the Salvation Army, or another charity organization. You will have an even merrier holiday, knowing that you helped someone else.

- **MAKE A LIST.** Don't try to keep everything you have to do in your head. Create a written list of Holiday To-Do’s, and check off each task as it is completed.

- **DON’T OVERBOOK.** It's the holidays, and you will want to spend time with your family and friends. Just be careful not to schedule a million activities, or you'll end up exhausting yourself.

- **ENJOY THE SEASON.** Along with the holidays, comes a lot of running around from place to place. There's no doubt about that. However, schedule some quiet time for yourself and your family to enjoy the true meaning of the season.

- **SET NEW YEAR'S GOALS.** Now is the perfect time to come up with your goals for the New Year. Make a Master List of all you would like to accomplish. Then, trim the list down to include your high-priority goals. Finally, break those goals you've chosen into mini-goals with deadlines. Schedule time in your calendar to work towards reaching them!

For more tips on making your holiday a happy and stress free event contact ENCOMPASS at:
800-788-8630
or visit us on our website at
www.encompass.us.com

*Information taken from www.familymanagement.com*