

Reduce Holiday Overwhelm



6 Tips on how to Reduce Holiday Overwhelm

BY CLAUDIA JONES

REDUCE HOLIDAY OVERWHELM

Too many times, women feel that they need to do it all.

This martyr syndrome pops up, and nothing can stop them from making sure everyone else's needs are being met. What about your needs? Is your time not as valuable as theirs?

Have you ever asked yourself, 'Why?' 'Why do I have to do it all?' There are plenty of good people around that offer to help and you respond with, 'That's ok, I got it!'



1. LET GO OF THE NEED TO BE PERFECT

“Perfect” does not exist. The sooner you accept that fact, the happier you’ll be. Striving for perfection will only leave you feeling frustrated, inadequate, and unhappy. Here are a few ideas that will help you get past the idea that the holidays need you to appear perfect.



How much fun would your kids have if they got involved in decorating, baking and wrapping gifts? Not only will they have a blast doing it, but you’ll create beautiful and fun memories (for both them and you) that you’ll cherish forever. And as an added bonus, your kids will have a sense of pride in letting your guests know that they decorated the house, baked cookies and wrapped the gifts!

Understand your need to have a perfectly clean home throughout the holidays. If this is truly important to, consider hiring a cleaning company to help out - consider it a gift of time for you!

2. PLAN AHEAD

Planning ahead is one of the best ways to avoid becoming overwhelmed during the holidays. Make a list of situations that caused you to stress last year:

- Which of the many responsibilities for your child's holiday play only you can do while delegating some of the others?
- How will visiting a certain family member cause tension?
- How many holiday events can you reasonably attend?
- Did you offer to host too many holiday cocktail parties or dinners?



2. PLAN AHEAD *(continued)*

Once you have identified a few of the more stressful moments of the holidays, you can plan how to approach them, possibly using some of the strategies in my guide to getting through them with less overwhelm.

Some easy things that you can plan ahead for include:

- What is a realistic budget for gifts, dinners, outings, etc that you can stick with?
- Sending out holiday cards at the beginning or middle of December – and remember to schedule time for writing out your cards, so it's done with time to spare
- Make a shopping list for everyone (including host/hostess gifts) and buy a few gifts off it each week
- What are there holiday dishes that can be planned out early along with the grocery shopping?
- Consider writing out a “script” for dealing with difficult relatives, etc.



3. REDUCE THE NUMBER OF PLANS YOU AGREE TO

Give yourself permission to plan for only what you're able to do while still leaving plenty of time for self-care, loved ones, and relaxation.

4. DO ONLY ONE THING AT A TIME

Instead, ask yourself, what can I focus my entire attention on doing from your plan. How will doing just one thing allow you to feel more accomplished and productive? What about it will give you time to slow down in the midst of all the chaos?

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5. BE GENEROUS, BUT KNOW YOUR LIMITS

Some people turn the holidays into a competition - you know the type. They go way over budget and take on too much simply to impress others or make themselves appear to have a “perfect” life. What is it about this time of year that makes you spend time, energy and/or money trying to impress people over the holidays? How can you identify the people that truly respect your time and efforts and really appreciate you just for being you? How can you reciprocate what they mean to you?

6. FOCUS ON GRATITUDE

Adopt an attitude of gratitude, and you’ll begin to thrive this holiday season. What are the methods we can use to not fall into the comparison trap of focusing on what other people do and have. When we do this, we lose sight of life’s blessings.



About Claudia Jones

I always believed that our life is a result of the choices we make, no matter the obstacles that are put before us. We don't need to feel stymied; no one can hold us back.

Together, we can step up, stride forward.



Claudia