

## Tips for a Stress Free Holiday

Please forward or post this email to anyone who might be interested  
in my *guaranteed* life changing family services. THANK YOU!  
<http://www.secretstosuccessfulparenting.com>

1. Don't overschedule! It's always tempting to overload the family calendar with parties and trips this time of year, but be realistic about your limits, and those of your children! There IS such a thing as too much holiday fun.
2. Don't compare yourself to others and pressure yourself to do all the fun holiday things you seen on social media. Your kids don't care about that as much as you think...
3. Take time out for yourself, which means you're going to have to say no to people and events. When saying no, think about what you're saying "yes" to. For example, saying no to one more party means saying yes to sleep and health.
4. Have each person in the family write one thing they love about each person on a piece of paper. Roll it up and hang it on the tree to be read on Christmas. Make it a meaningful family tradition!
5. Commit to fuel yourself with healthy eating, sleep, and exercise. Even in the midst of holiday hullabaloo, parents need to keep themselves up there on the priority list!

Have a happy holiday season!

Please pass this on to anyone who you think could benefit from this.

*If you or anyone you know is interested in family empowerment, peaceful conflict resolution and effective discipline methods, or, resolve your anxieties in minutes, couples communication (in-home or over the phone/skype), seminars, home course DVD's, etc., you may call Hilde or visit her website.*

Hilde Gross  
Family Coach/Professional Speaker  
Stress & Anxiety Relief Specialist (SARS)

Tel. 619-379-7646

<http://www.secretstosuccessfulparenting.com>  
<http://www.hildercb.com/affiliations.html> (SARS)