

- 1 Stick to a budget
- 2 Plan ahead
- 3 Wrap gifts early
- 4 Create new Traditions
- 5 Set boundaries
- 6 Simplify
- 7 Manage high expectations
- 8 have a game plan and start early
- 9 Be flexible or compromise
- 10 Little breaks can do wonders
- 11 work as a team
- 12 Declutter now
- 13 Don't feel obligated about Anything
- 14 Ask for help
- 15 Assume everyone is doing their best
- 16 Be aware of triggers and avoid them
- 17 It's ok to take care of yourself
- 18 Let go of perfectionism
- 19 Choose easy
- 20 Do as much in advance as possible
- 21 Focus on what really matters to you and your family