

Top 20 Tips for a Stress-free Christmas

1

For every list you make (presents, food, shopping, etc) take a photo on your smart phone. This way you always have the details with you.

2

Split up the baking duties. eg. bake the biscuits/ gingerbread house one day and decorate the next.



3

For the month of December create a wrapping bench and have your supplies ready to wrap gifts as you purchase them.

4

Shop early. If you can't manage this at least try and shop early in the day.

5

Try clearing out your freezer in November so you have plenty of room for Christmas goodies.

6

Give yourself some personal time too. Schedule a manicure or pedicure, relax and let someone look after you for a while.

7

Make sure you have enough plates, cutlery, glasses and chairs well in advance of Christmas day. Alternatively use disposable products.

8

Prepare as much as you can in advance of Christmas day. Christmas Eve check which veggies can be pre-prepared, defrost everything and have nibbles on their plate.

9

You may not enjoy the company of every family member and Christmas is the day you will see them all. Relax. Spend time with the ones you do enjoy.



10

Shop on-line. Either buy on-line or use the web to source your gifts.

11

Cut your gift list. Family Kris Kringles, or even going out for a drink or dinner with friends rather than giving a present, is a great way to save stress.



12

Use a Christmas planner and you keep lists of what you need to do for Christmas.

13

Use your smart phone to photograph receipts. This way you can forward images if someone needs to exchange a gift.

14

If it's getting over-whelming, recheck your 'to-do' list and cut back anything not essential.

15

The house doesn't need a spring clean prior to Christmas. It just needs to be tidy.

16

When decorating your tree don't do it on one day. Set up the tree and lights the first day and decorate the second. Decorating is far more relaxing this way.

17

Don't send Christmas cards if you don't want to. Instead you might call, email, send an e-card or host a simple Christmas gathering.

18

Have a running sheet for cookie and serving Christmas day. This way anyone can help during the day without having to ask you.

19

If your budget allows employ a few young people to help you serve and clean up if you are hosting a Christmas party.

20

Share out the cooking and cleaning duties on Christmas Day

