

## OCCUPATIONAL THERAPY CONSUMER TIPS

# 10 TIPS TO STRESS LESS – ENJOY THE HOLIDAYS MORE

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A world where all people  
participate in meaningful  
occupations to optimize their  
life experience.



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1. **Prune the to-do list.** Ask, "If I don't do this, what will happen?" Reduce the list of chores to those that are most necessary.
2. **Limit the gift list.** Rein in gift exchanges that have been outgrown or lost their meaning. Limit gifts to children only, draw names, or organize a gift exchange. In lieu of gifts, write heart-felt notes of love and appreciation.
3. **Wrap as you go.** Don't spend your holiday eves on wrapping chores. Wrap as you go and put sticky notes on the outside of the package to keep track of gift contents.
4. **Buy, don't bake.** Eliminate long hours in front of a hot stove/oven. Supermarkets, bakeries, and the freezer department of the discount warehouse are great sources for delicious, pre-baked holiday treats.
5. **Call, don't send cards.** Reach out and touch someone ... the easy way. Online greeting cards are easy, inexpensive, and fun to send. No more lines at the post office.
6. **Scale back décor.** If you celebrate Christmas, you can substitute a simple door wreath for outdoor lighting and a tabletop tree for the over-the-top tannenbaum. Focusing holiday decor on the *big three* — front door, tabletop tree and one focal point — can bring a festive feel to the house without day-long decorating sessions.
7. **Cut the clean-a-thon.** Focus cleaning attention on kitchen and public rooms; private areas can wait until the season's end. Schedule deep-cleaning chores like carpet cleaning until after the wear-and-tear of the holiday season.
8. **Downsize dishwashing.** Hand-washing fine china is time consuming. Use everyday stoneware that can go in the dishwasher. Simpler still: decorative paper plates.
9. **Finger food, not feast.** A smorgasbord of tasty tidbits is easier on the cook and kinder to the waistline than a large sit-down dinner. Share the work by hosting potluck events.
10. **Stay home.** Cuddling down close to the hearth can save you the stress of holiday travel. A holiday "stay-cation" allows for evening drives to see the lights, family camp-outs in front of the fire or Christmas tree, and evenings spent with songs, carols and popcorn. Fun!

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