

MY SIMPLE HOLIDAZE PLAN

November 24th, 2013.

I anticipate Thanksgiving and Christmas just like a six year old; the excitement is overwhelming it's kind of like waiting for that first snow, so beautiful in the beginning then quite honestly; it becomes a mess that turns into this crazed whirlwind for the next six weeks. Over committing tends to start earlier and earlier every year. I just realized that I already have 4 out of 7 days "penciled" in this week with dinners, lunches, cocktails, and a "Boricua Thanksgiving" (that's a whole blog in itself) on Wednesday, all this in addition to the big Thanksgiving Day celebration!

So I, the planner, how do I handle and juggle the demands of this fabulous season and still manage to do it all? It's simple; I do it in a very methodical manner. You see, I have this 20 tab Excel holiday spreadsheet, that lists all events I'm hosting or planning to attend. One tab will list everything I need to do for each of these events by day; another tab will lists the shopping I need to do for each event by day..Okay I'm just KIDDING! No, I do not have a Holiday spreadsheet. Putting together and maintaining a spreadsheet like this would require me to quite my daytime job! But, I'm sure if you search the web you'll find one!

Here's what I really do, I've made a promise to myself and my family that between Thanksgiving and Christmas, I will try to keep social commitments outside of my immediate and extended family very limited, this also includes no Styled-It workshops taking over the weekends. This will be the second year I've tried this, it was good, not quite perfect last year, but I hope it gets better this year. I also try to keep work commitments over the holidays confined to lunch events as much as possible. This isn't the answer to relieving all the stress that the holidays can bring upon you, but you'll be amazed at how much relief you can get by following this simple plan. I can look forward to having weekday evenings and weekends open for whatever it is I need to do....a family event, decorating, shopping, baking, or just relaxing and watching Elf twice back to back!

Explaining to co-workers and acquaintances that your weekends and evenings are already committed in December isn't as difficult as it sounds. As a matter of fact, after I politely explained this to people last year, many of them opted to do the same thing this year!

However, there are some exceptions I make to this rule, and that is taking time out to volunteer for the less fortunate. Buying toys for kids who would otherwise have no gifts Christmas morning, providing food and clothing at a local shelter or just donating time to a local charity are some of my favorites! These types of commitments have very little to no stress involved. As a matter of fact psychologist claim that doing good deeds release endorphins that actually make you feel better and relieve stress!