

## 3 Top Tips for a Stress-Free Christmas Season

Doesn't time just seem to be speeding up at this time of year?! For a lot of women this is the busiest time of year with so much to fit in.



Last year the TV series "Grumpy Old Men" had a "Grumpy Old Women" equivalent - a special show about how comediennees like Linda Robson and Jenny Éclair experience Christmas. In a wonderfully light hearted yet honest way it managed to capture the pressure women are under at Christmas time.

Are you one of those women who feel a bit grumpy at this time of year due to a heavy workload?



Pressure, heavy demands on your time and the need to juggle different commitments can take its toll on your physical or mental wellbeing. If you think you may be affected by this then the following tips for a more relaxed festive season may well be for you!

### **Tip 1: Make a plan!**

Whether you are affected by extreme 'busyness' or not, in the run up to Christmas, you could do worse than taking an hour out of your busy schedule to reassess your priorities, make a list, and plan all your business and social activities! Allocating times and days for the most important tasks will prevent last minute panic and that feeling of overwhelm that many women experience when they juggle work or their own business with lots of other commitments.

### **Tip 2: Delegate... say NO ... and let go!**

Once you know your priorities, identify what you can let go or at least put on hold for a few weeks! Alternatively, could you delegate more?

Have you ever considered what your time might be worth? It may not be realistic or cost effective for you to fit in all the extra tasks and expect that somehow there will be time for it all!

Try and practice saying say NO to people and tasks that add to your pressure. This may be the most difficult thing of all, but why not try and start with small things? It is much healthier than saying yes to something you don't actually have time for. You give out mixed messages by saying YES, and you may end up feeling resentful and stressed, which may in turn stress the person who is relying on you to do the job and deliver on time.

### **Tip 3: Include some ME time in your plan!**

The festive season may be a time for giving, but women tend to give their all to business, family and home before they consider giving some time to themselves. What would help you recharge your batteries, a beauty treatment or a massage?



Or just the occasional relaxing evening, enjoying a luxurious bath, your favourite music, a glass of fine wine or a good book?

Whatever it may be, book some ME time in your diary, brief your partner or children and try to say NO to the phone.

Since everything you do, takes up energy, this is your chance to 'replenish'!

### **And a bonus tip: Try to manage your expectations of Christmas**

The media can make us believe that with the right amount of preparation Christmas can be perfect: a romantic festive period during which work parties are always fun, family gatherings go well, people are relaxed, with everyone showing their best side. And last but not least .... we look and feel fantastic throughout!

With the 'can do' attitude we apply in our businesses, we strive to be perfect- a state we are led to believe is the norm. But however much we would like to see perfection, or have 'peace on earth', in our hearts and all around us at this special time of year, the reality can look quite different!

Relationships that have been under pressure the rest of the year won't necessarily be at their best at Christmas time. Loneliness, stress, illness, overtiredness and overindulgence all add to stress levels and can lead to tears!



Having realistic expectations of the festive season and all it entails may help you make the best of it.

Managing both your expectations and your time will help you feel more relaxed in your business and your personal life, and that 'grumpy old woman' at Christmas time may become a thing of the past....