

Healthy Holiday Tip #4



Have one of these growing in your yard?? No?! Let's talk about keeping a lid on holiday spending...

Stay out of debt this holiday season and avoid that financial "holiday hangover!"

1. Set spending limits – be realistic
2. Make a list – this includes all gifts, cards, postage, decorations, etc.
3. Stick to the list! ☺
4. Set a limit with others. Most people are happy to put a lid on their spending as well.
5. Get organized – avoid multiple trips to the store, (and multiple trips to the gas station).
6. Be creative – make a coupon book with special chores or favors, draw names, make your own gifts, or have a "white elephant" gift exchange.

Mental and emotional stresses take their toll during the holiday season. When we are worried, fearful, or stressed, it takes a toll on our nervous systems. Get adjusted and manage that stress in a positive way!

(Tear here and enter to win!)

What is the funniest gift you've ever received?

Name _____

Answer trivia on Facebook for an extra chance to win!

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