

# KEEPING YOUR SPIRITS BRIGHT DURING THE HOLIDAY SEASON



## HELPFUL TIPS *for the* HOLIDAY SEASON

In theory, the holidays are a time to relax and recharge before starting a new year, however the holidays now come with added stress if you do not plan ahead.

### START EARLY

Start your gift shopping early to avoid last minute stress, large crowds and traffic.



### BUDGET YOUR MONEY

Budget your money for gifts, travel expenses, and holiday meals; this will help manage the stress of overspending during the holidays.

### TRAVEL TIME

Give yourself lots of travel time when visiting family or attending parties.



### DRINK RESPONSIBLY

Always drink responsibly and never drink and drive.