

Holiday Stress-Free

CHECKLIST FOR MOMS

- Lower the pressure, done is better than perfect
- Pick the traditions that matter most, and skip the rest
- Keep a simple to-do list (and delegate tasks)
- Say "no" to events that drain your energy
- Schedule 10-30 minutes for yourself each day
- Set a realistic budget for gift shopping
- Let go of perfection, embrace the mess



"Have a positive attitude and
enjoy your day!"