



## **HELP YOUR MARRIAGE NEWSLETTER**

### **Creative Solutions for Couples Issues**

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#### **PREVENTING A STRESSFUL HOLIDAY**

Holidays can create additional stress for a family. It is important as we approach the holidays to be realistic about our preparations. For example, sometimes we have visions of creating this beautifully decorated house with a fall and Thanksgiving theme. Perhaps, we envision a table that looks like those in the magazines.

We expect to do all this even though we are continuing with our present activities. Perhaps, you are both working so time on task is a factor or perhaps you find that additional purchases at this time is difficult. So you are tempted to run up even more credit card debt which will add even more stress when you struggle to find the money to pay for the additional credit card costs.

This can be a fun time of year or a stressful time of year for families. A way to prevent the holidays from becoming stressful is to ask yourselves the following question as you think about how you want to celebrate the holidays.

#### **Do we have the energy and money to do this?**

This can be a fun time of year if couples focus on realistic expectations and what is possible given their family situation.

1. Thanksgiving is less than two weeks away. What are the plans for your family? Who has the dinner at their house? Do you take turns having the dinner? Are their particular family traditions as to what is served? If this is a large family dinner, does the hostess assign dishes for other to bring?
2. After you have answered these questions, then begin make a definite plan of how to proceed. If you are the hostess, how many people are you planning for? Will others bring dishes etc?
3. Whatever the plan for your family strive for simplicity. Simple decorations can be elegant.
4. If this involves other family members, ask for help. Ask others to bring part of the food. Ask one person to come early to help
5. Remember to make this a family affair. Give your own family members things to do. Children love being a part of the preparation.
6. Don't be afraid to start new traditions. If you are the host family, you are in charge.
7. If another family is hosting the event, call and offer to bring what you would like to prepare.

Remember, keep it simple and plan ahead. Making lists will help to reduce your anxiety because you no longer have to be sure you have remembered everything.