



# Extension Connection

## **For Immediate Release:**

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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## **Skip the “Humbug!” Tips to Relieve Holiday Stress**

Few families will match the idyllic images captured in holiday advertisements, but most can find joy during the holiday season. Everyone is encouraged to extend the thankfulness typically associated with Thanksgiving celebrations throughout the holiday season and into the New Year.

Feeling grateful for home, family, friends and life in general spills over into other activities and to others who sense your gratitude. Gratitude itself can have a calming influence.

A little planning goes a long way in relieving family, holiday and budget stresses. Include the small things in your budgets, travel, decorations and activities sometimes get overlooked. The following time, budget and stress-management tips are offered:

- Start early to plan family gatherings, shopping lists and baking projects.
- Involve others, so everyone will be informed. Surprises add stress.
- Ask adult children what they would like to bring. They know what they can afford.
- Be responsible. If the family is planning a potluck and you promised to bring the main dish, be on time, with enough food to serve everyone expected.
- Explain house rules to children.
- Plan age-appropriate activities, such as soccer or touch football, table or board games. These are great alternatives instead of buying gifts.

- Keep the peace; try not to bring up touchy topics.
- No family nearby? Call a local chamber of commerce or community service organization and volunteer to help serve a community dinner or give time to a food or toy drive. Calling family and friends also can help those who are alone stay connected.
- You can always treat yourself to an afternoon off, new book, video or craft project. The dog might like an extra walk, too.

Giving your time this year can ease the financial strain and help create memories for years to come. A written plan and a calendar will help you stay calm, cool and collected during our holiday season.

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930.

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