

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Plan To Manage Holiday Stress

By ADD Coach Jennifer Koretsky

Plan To Manage Holiday Stress

by: **ADD Coach Jennifer Koretsky**

Everyone finds themselves stressed out during the holiday season. But for adults with Attention Deficit Disorder (ADD), November through January can feel like a whirlwind of tasks and responsibilities. Lack of time management will result in undue pressure and overwhelm for the ADD adult.

One way to take the stress out of the holidays is to plan for them. These simple steps can help the ADD adult manage their time and tasks during the holiday season, thereby relieving unnecessary stress.

Create one hour this week to plan your holiday preparation schedule, and follow these steps:

Step 1 – Make a List of all the Things You Need to Do to Prepare for the Holiday

This probably includes gift shopping, writing and mailing holiday cards, decorating your home, planning your travel, etc. After you have made this list, put a star next to each of the items that you don't like to do. (Maybe you get bored writing out the holiday cards, or maybe you detest shopping.)

Step 2 – Use a Calendar or Planner

Use something that gives you ample space to write for each day. This could be a wall calendar, a daily planner, or planning software. Begin by writing in all your holiday appointments, such as parties and scheduled shopping trips. Next, write in all the other activities that you have going on during the month, like meetings and appointments. When you're done, you should have a good idea of where your free time is.

Now, take a look at the items on your holiday to-do list that are not marked with a star, and schedule them in. Do you have a free evening next week in which you can write out your cards? Schedule it on your calendar! Do you have a free Saturday to get your shopping done? Schedule it on your calendar!

Step 3 – Make the Dreaded Tasks Easier

Take a look at all those tasks you marked with a star. These are the tasks that you hate to do for one reason or another. Take a moment to look at each one, and figure out how to make that task a little easier or more bearable. If you hate writing cards because it's a tedious and boring task, you can make it easier on yourself by inviting a friend over to chat, catch up, and write out cards with you. Hate decorating? Perhaps you can buy a new CD you've been wanting and allow yourself to crank it up while you put up the holiday decorations.

Investing just a small amount of time in planning can save you from undue stress and overwhelm during this holiday season.

© Copyright 2004

Jennifer Koretsky is an ADD Management Coach who helps adults learn how to manage their ADD and move forward in life. She offers individual and group coaching, workshops, and skill-building programs. Her work has been featured in various media, including The New York Times Magazine. Subscribe to Jennifer's free email newsletter, The ADD Management Guide, by visiting

Top Ten Habits That Help You Manage Your Stress

By Linda Dessau

Top Ten Habits That Help You Manage Your Stress by Linda Dessau

Today we have more stress in our lives than ever before - good stress, bad stress, red stress, blue stress (my little ode to Dr. Seuss). No matter what kind of stress it is, a real crisis or an imagined one, stress is incredibly harmful to our body, mind and soul.

Here are my favourite self-care habits for dealing with stress:

1. Get in the habit of noticing.

Take an inventory of all the things that just don't feel right in your life or that you know are causing you stress. For example, when you approach certain people, places or situations do you feel more stress and tension? Once you have your list in place, look at what you can change yourself, and do it. You can also use this list to predict stressful situations before they occur.

2. Get in the habit of asking for help.

For what you can't change yourself, you need a team. Build a team of experts to handle your list. A coach, at the top of the list, will help with the big picture and will keep you honest about your efforts.

Plan To Manage Holiday Stress

Other team members might be a family doctor who listens to you, a financial planner, a massage therapist and an exercise partner.

3. Get in the habit of bouncing back.

Think of Plan A as your basic self-care plan while stress is under control. Now imagine something happens and you are under stress. Instead of abandoning all self-care because you can't do it all, have a Plan B ready beforehand.

4. Get in the habit of relaxing.

If you practice relaxation techniques (breathing, meditation, imagery, music) every day, then when stressful situations come up you'll have the tools at your fingertips.

5. Get in the habit of gratitude.

Our attitude comes from our emotions and our emotions come from our thoughts. Thinking about what we're grateful for and what we're good at can keep things positive. It's not about shying away from what's challenging you - it's about approaching life from a place of strength and not as a victim.

6. Get in the habit of creating.

Experiment with a new recipe in the kitchen, write a poem, bang a drum, do a craft, take a dance class or do something else that feels creative to you.

7. Get in the habit of putting your stuff away.

Physical clutter can really impact on mental, emotional and physical health. Get rid of things that don't make you happy when you look at them. Organize your stuff. Find a place for everything and keep it there.

8. Get in the habit of breathing.

This is the simplest and quickest way to relax yourself in a stressful situation. The minute you focus on your breathing it automatically gets slower and deeper.

9. Get in the habit of daydreaming.

Take yourself away on an imaginary holiday. Just close your eyes and go! Picture somewhere you've been or somewhere you've dreamed of.

10. Get in the habit of giggling.

Laugh out loud every day.

Plan To Manage Holiday Stress

Don't let your stress get the better of you! Which one of these strategies can you apply this week to manage your stress?

Linda Dessau, the Self-Care Coach, helps hundreds of people every month improve their self-care and make healthier choices. To receive her free monthly newsletter, "Genuine Self-Care", subscribe at <http://www.genuinecoaching.com/newsletter.html>.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Plan To Manage Holiday Stress

