

Health, Beauty & Well-being

Put sanity clause into Christmas planning



Stress less: Life coach Kim Townsend tells us how to take it easy this Christmas.

Picture: Chris Lane

By **Tamara Gasser**

SHOPPING in crowds, going into debt for expensive gifts, cooking a feast and the pressures of spending time with extended family are just some of the things that we try to forget once Christmas is over for another year.

It can be a stressful time, and once the day has been and gone we are left with a financial hangover – and often an actual hangover, to boot.

Luckily, there are some practical suggestions that can help combat the extra stress this time of year.

Kim Townsend from Bucket List Coaching said many of us approach Christmas time with mixed feelings, but we could apply the same tips we would to achieving any other goal.

"It is about basic goal-achieving strategies and understanding the detailed specifics of what you want to achieve before Christmas," she said.

"Understand where you are at and what your resources are, what your support systems are like and what is on the to-do list."

Ms Townsend said that to avoid stress you would need to break it all down into bite-sized chunks.

"Celebrate your achievements along the way. Shopping done! Wrapping done! Invites out! Feast organised!"

And, most importantly, you don't try to please everyone.

"When you come from love, with integrity, and you have everyone's best interests at heart you can only do what you can do."

Remember, it is but one day and once all is said and done, we sit back with full stomachs and wonder what we were so stressed about it the first place.

And the photographs will never hint at the time you lost your cool in the Westfield car park. Phew.

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