



## Top tips for a happy and relaxed festive holiday season

From Debbie at Timeout4me



1: Making your own Christmas wrapping paper with the children using strong brown paper that you can buy very reasonably. Decorate with Christmas stencils and colour in. Lovely activity to do all together and makes the gift more personal.

2: Doing a Secret Santa with friends and extended family, setting a budget is a good way to keep costs down.

Everyone gets a present and then they guess who bought it for them.

3: Making home-made presents / cards.

Write out a voucher saying "Your Christmas present is a Saturday night of me baby-sitting". Make bath melts or hand cream.

4: Get the children to make homemade Xmas decorations.

5: Timeout4me in the garden:

Shut your eyes and imagine you are in the garden walking around the most beautiful scented flowers. Really breathe in the colours and the feeling of calm and peace.

This gentle exercise can work wonders even if you do it for 30 seconds.

6: Write up a to-do list for the next day.

Be realistic and don't worry if you don't get all the jobs done, tomorrow is another day. Look after yourself and maybe make a hand scrub.

7: Praise yourself as well as the children.

Have fun playing games and spending TIME making happy memories.

8: Write up a gratitude list before you go to bed.

We so often moan about the things that don't go right for us. However we really need to be more in the moment and give a thought for all the special things that were part of your day. Enjoy the little things, for one day you may look back and realise they were the big things.

9: Designing thank you cards together. Maybe the children can draw or paint pictures and you can hand deliver or post.