



5 Tips

For Stress-Free Holiday Decorating

Holiday decorating isn't a competitive sport, so don't let it become a stressful experience. Take time to enjoy holiday decorating by following these tips:

Don't try to do it all in one day. Spread out your holiday decorating so that it doesn't feel like a full-time job.

Make it a family affair. Create lasting holiday memories with your family and save time by assigning each family member a task.

Play music and enjoy a hot beverage while you work. Make your decorating experience enjoyable and festive by playing holiday music and enjoying some hot chocolate or hot apple cider.

Take photos of your handiwork. Photograph your family standing in front of your holiday decorations. You may even want to share your photos on social media or include them with your holiday cards.

Use what you have to decorate. Relieve some of the financial burden of the holidays by using things you already have around the house to decorate. You can look on the Internet for holiday decoration ideas for children and make crafts as a family.

To help keep stress at bay during the holidays or at any time throughout the year, reach out for confidential [non-medical counseling](#) by visiting [Military OneSource](#) or by calling 800-342-9647.

