

Tips for Reducing your stress at Christmas

While Christmas should be about making memories, it can also be a time of stress and anxiety.



Here are some tips on eliminating some of the pressures that this season can bring.

Travel is often associated with Christmas. Just remember there are several options to consider when travelling so find what works best for you and stick to it. Some people have found travelling in an accessible motorhome the best option ([click here](#) for details of motorhomes for hire) while for others motels and hotels work well. However, don't feel pressured to travel, there is no reason you can't have a fun Christmas at home.

If you don't travel and decide to host people at home let go of perfection.

Nobody remembers if everything was perfect. Good is good enough. It is the season of being generous so be generous to yourself and forgive any hiccups that happen on the day. Asking people to bring a plate can also be a way of reducing your stress and sharing the work load.

Otherwise you can choose to host the day in an accessible park or reserve. This can make it a fun day for everyone. For a list of accessible parks please [click here](#).



When it comes to the season of giving, it isn't all about the presents or how much you can afford to spend.



Making presents can be a fun activity that the children can do with you and it saves you some money in the long run. There are plenty of crafty ideas online.

If you are travelling, make sure you get presents that are easy to transport or have them directly delivered to the place you are travelling to.

Forget about high cost and high stress rituals. This gives you the freedom to invent new rituals and becomes something unique and memorable.

Here's wishing you a happy and memorable Christmas.

