

HOLIDAY SELF-CARE PLAN

Holiday Stress: Putting “Happy” Back in the Holidays

1. One thing I would like to have happen this holiday season that probably will not happen is:

2. One friend or group I could make plans with is:

3. One “tradition” I may need to give up is:

4. One positive family member I will spend time with is:

5. One activity I can abandon is:

6. One item or activity I can limit in order to save money is:

7. One alternative gift-giving approach I might consider is:

8. One holiday expense I usually overlook, that I can plan for in this year’s budget is:

9. I will do _____ ahead of time to prepare for the holiday season.

10. One way I could streamline my holiday shopping would be to:

11. One activity we could do as a family is:

12. One thing I can do to take care of myself in this busy time is:

Together, all the way.®



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation.

Use and distribution limited solely to authorized personnel. 857258 b 02/17 © 2017 Cigna

SHOPPING SHOWDOWN

Holiday Stress: Putting “Happy” Back in the Holidays

When faced with the task of shopping for multiple gifts, for multiple people, with multiple needs, the stress levels can rise significantly. These strategies can help.

Have a game plan

- › Create a gift master list that includes gift ideas along with sizes, favorite colors, history of what you have given in the past and any other information that will streamline shopping.
- › Download a map of the mall or store to avoid aimless wandering.
- › Review the weekly ads for holiday deals. Bring them with you in the event of availability issues or if price matching is offered.
- › Shop “off” hours. Going very early or very late usually mean less crowds and a shot at the early bird specials.
- › Some people find it’s worth it to take a weekday off of work to avoid the weekend crunch.

Keep it manageable

- › Choose one focus at a time. Break your list into groups (all teens, all co-workers, themed gifts such as sports) and shop in stages for the different groups.
- › Consider getting the same gift for everyone – especially adults. It could be a book you have enjoyed, wind chimes, or a tasty treat might be suitable for most everyone on your list.
- › If you have small children, set up childcare swap days with a friend or relative to accomplish holiday shopping most efficiently and without the expense of a sitter.
- › Even if you are a tried and true mall shopper, explore online resources. You may find more availability and better prices/deals. Watch for free shipping days.

Make it fun!

- › Bring along a positive attitude. Be ready to call it quits when you start to drag.
- › Shop with a buddy. Plan plenty of time to enjoy a leisurely pace and time for a meal together.
- › Be well rested, stay nourished and hydrated, and wear comfortable clothing and shoes.

Together, all the way.®



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. Use and distribution limited solely to authorized personnel. 880763a 03/16 © 2016 Cigna