

Stress-Less Holiday Decorating Tips

By Erica Starich

Decorating for the holidays doesn't have to be a source of stress. Consider the following tips to help minimize or eliminate stress this season.

- ★ Set aside a specific date or time to decorate and make this a fun time. Start things off with a cup of hot chocolate, eggnog or gingerbread flavored coffee or tea.
- ★ Play your favorite Christmas CDs while decorating.
- ★ Remove some of the existing décor to make room for the holiday décor. This will eliminate "holiday clutter". Remove a chair to make room for the tree if necessary.
- ★ Every room doesn't need to be decorated. Only decorate the rooms you use most often.
- ★ Set up decorations in a different location from the previous year. Enjoy the decorations from a new view.
- ★ Freshen up your décor - add fresh berries, fruits, nuts, pine boughs, etc.
- ★ Include scented oil with an aroma reminiscent of the holidays such as pine or cinnamon.
- ★ Add flickering battery operated candles – eliminating the need to monitor candles while entertaining.
- ★ When it comes time to pack up the holiday décor, store the items in red or green bins that are easy to locate next year. Clearly label each bin: tree décor, greens, lights, etc.
- ★ Save time – hire a professional who will set up your décor in ways you probably haven't considered!

Wishing you a stress-less Merry Christmas!

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