

– 10 tips for a – STRESS-LESS KIRIHIMETE

KEEP IT REAL

List all the things that are most important to you about Christmas. Then feel free to ditch the traditions that don't make the list!

GO EASY ON THE GIFTS

Play 'secret santa' or opt for family rather than individual gifts this year! Keep gifts simple to make shopping easier & more affordable!

SOFTEN EXPECTATIONS

Expectation is the mother of disappointment. Christmas may be a little different this year. Choose acceptance over expectation.

TEAMWORK MAKES THE DREAMWORK

Get everyone involved to help pull off an awesome day.

AVOID THE 'C' WORD

Take a day off talking about Covid! Brush up on your jokes & exercise your laughing gear or get to know a family member better!

PLAN IN DOWN TIME

Reconnecting with whānau? Awesome!! Plan in some quiet days too to recharge your batteries so you can enjoy your social time even more!

A PERFECT DAY DOESN'T HAVE TO BE PERFECT

Plan to give yourself breathing space on the day & leading up to it. No one cares if the windows aren't clean!

GET OUT OF THE KITCHEN

Don't want to spend all day in the kitchen? Then don't! Plan a BBQ, pre-prepared meal or have a picnic on the beach instead!

DON'T OVERDO IT

Be true to you and say 'no' to things if it becomes too stressful.

AVOID THE BOXING DAY SALES

Shop online from your deck chair instead!