

HOLIDAY Hints

Tips To Help Couples Survive The Holidays

Dr. Michelle R. Callahan

(NAPSA)—Even the healthiest relationships can turn a bit bah humbug during the holidays. If it's ever happened in your home, you have lots of company. A recent survey found that more than half of Americans (61 percent) consider the holidays stressful. Here are some suggestions that will help prevent holiday stress from putting a strain on your relationships:



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1. Plan Ahead.

Many disagreements happen when people are overbooked or stretched too thin. Agree on things such as what events you will host or attend. Pencil in some time to experience the romantic side of the holidays.

2. Don't Stress Over the Perfect Gift. More than 95 percent of Americans want to give a gift the receiver will actually use, so don't be afraid to reach for something practical. Look for products that offer functionality plus a little something special, such as a cool design or innovative technology.

3. Stay Cool With In-laws.

Be sensitive to in-law and family issues. Try not to carry that stress into your relationship by complaining to your spouse. Instead, remain positive and supportive during this stressful time.

4. Take Some Time for You.

Create holiday traditions just for the two of you. Traditions are a great way to spend time together



Get Close—The holidays can be happier when you pencil in some time for romance.

and create holiday memories that will be all your own.

5. Plan a New Year's Get-away. Consider taking a vacation in January to unwind after the holiday rush. This year you can get closer to your guy in more ways than one when you purchase a Philips Norelco electric shaver as a gift and receive a free night stay at a romantic inn. The gift is part of the company's promotion for its new arcitec shaver and is redeemable at more than 1,500 bed-and-breakfasts throughout the U.S. and Canada. Visit www.philips.com/getcloser for more information.

Dr. Michelle R. Callahan is a relationship expert, coach, developmental psychologist and writer. At Yale University, Dr. Michelle hosted and produced a weekly two-hour radio talk show covering issues of interpersonal relationships and careers.