

Holiday Hints

Five Smart And Simple Tips For A Stress-Free Holiday Season

(NAPSA)—“Tis the season to be jolly, but the holidays can bring added stress to busy lives. To avoid feeling overwhelmed by the hustle and bustle of holiday shopping, try these time and stress-saving tips, says shopping and lifestyle expert Debbi Karpowicz Kickham.

1). **Cents and Sensibility.** In 2004, consumers spent an average of \$948 on holiday shopping, according to AC Nielsen. Resist the temptation to overspend and create one holiday shopping budget that incorporates everyone on your wish list, instead of a per person dollar limit. That means if you find a great gift for Grandma that's on sale, you can spend more money on presents for your husband and kids.

2). **Beat the Clock.** Last year, 12 million consumers had not started their shopping as of December 19, according to the National Retail Federation. Why wait? Reduce stress by shopping as early as you can. You'll have more time to enjoy the season with your family and friends. If you do delay until the eleventh hour, avoid the crowds by shopping online and use express delivery services. You can usually order up to December 21 and pay for two-day shipping to get your gifts delivered in the (St.) Nick of time.

3). **Get Your Own Virtual Santa's Helper.** Last year, shoppers who chose to purchase their gifts online spent over \$23 billion. This year, make online shopping even easier with PersonalShop per.com. This free service acts like a virtual shopping assistant by scouring millions of products from your favorite brands and retailers to bring you deals and “just what I wanted” gifts for everyone.



This holiday season have more time for what matters most by using an online personal shopping service.

4). **Shop by Theme.** Having trouble coming up with a unique gift for everyone on your holiday list? Try shopping around a theme. Score a hit with a movie buff by giving several action-packed DVDs, gourmet snacks and a new cutting edge remote control. For the serenity seeker in your life, fuzzy slippers, warm pajamas, calming tea and a book from a favorite author can provide sweet dreams. With a little imagination and a theme in mind, you can find a gift that is sure to please.

5). **Recreate Holidays Past.** In the midst of the hectic holiday pace, don't forget to slow down and make time to truly enjoy the season with those you love. Remember holidays as a child? Schedule a festive family weekend and recapture treasured memories with your own children. Relive simple pleasures such as making snow angels and a jolly snowman or baking holiday cookies for neighbors and friends.

“The lasting memories you create are the best gifts of all,” says Kickham. Happy Holidays!