



Holiday Entertaining

Have A Streaming Good Time

(NAPSA)—The holidays can be a stressful time—from Thanksgiving through the New Year—as days are packed with gatherings and celebrations, as well as making lists and checking them twice.

With so many holiday happenings, planning the perfect event can be stressful. According to a report from the American Psychological Association, 42 percent of adults say they are not doing enough or are not sure whether they are doing enough to manage their stress and 20 percent say they are not engaging in an activity to help relieve or manage their stress. However, there are ways to adeptly manage all of one's holiday planning and entertaining to keep these activities from becoming too much to handle.

Holiday entertaining can be less daunting when you have the right tools. One very helpful tool that may not immediately come to mind for some holiday entertainers is a streaming player made by companies such as Roku, Inc. The vast selection of streaming channels on popular streaming players, such as the Roku• 3 and the Roku Streaming Stick™, can offer entertaining inspiration, party ideas, and to help you multitask. Here are a few tips and tricks from Roku's streaming entertainment expert Abby Reyes, on ways you can use a streaming player to limit your stress and spend more time celebrating this holiday season:

• **Use music to create an ideal environment:** Music has a significant impact on one's mood. Set the tone for your day and/or party with your streaming player. You can easily stream music from Pandora, Vevo and Spotify as well as more unique channels such as Noel for Christmas classics or Carol-oke to take the celebration to the next level.

• **Plan the menu to perfection:** Take menu planning off your To Do list. Streaming channels like Food Network, iFood.TV, All-recipes.com, Tastemade and more than 100 others on your Roku player can walk you through making the most delectable and tanta-



The right memories, music and recipes can make any celebration more festive and fun for everyone.

lizing treats for a crowd-pleasing holiday menu. These channels feature recipes that are sure to take the holiday feast up a notch.

• **Show off a few of your favorite things:** Calm holiday planning nerves with your favorite images or memories. From a crackling fireplace from the PRESTO channel to beautiful backgrounds from the Moving Art channel, you can easily create the ideal setting for your celebration. Also, streaming players can often showcase your favorite photos from the year with applications such as Picasa, Flickr, 500px or PLEX to really add a personal touch to your holiday festivities.

• **Sit back, relax and enjoy a show:** When the planning gets tough, take a breather and let off some steam by streaming your favorite movies and shows. Streaming channels like Netflix, Amazon Video, Crackle, HBO Now, M-GO, Showtime and VUDU, to name a few, are a perfect cure for a bout of holiday distress.

• **Get an early start on your New Year's resolution:** With so many health and fitness options, streaming players can be a great place to jumpstart your New Year's resolution. Streaming channels such as Gaia, Daily Burn, Beachbody On Demand and All Fitness TV will make your fitness goals achievable at just the push of a button.

The holidays are a time to celebrate and enjoy. And while managing all the different activities can be challenging, use these streaming tips to ensure a happy holiday celebration while keeping the stress levels low.

Happy Streaming!