

# NOMHO

National Association of Manufactured Home Owners

## THE MONTHLY ADVISOR

Insider Information Delivered When You Need It

# Happy Holidays!

'Tis the season to be jolly and spread a little holiday cheer. We want all of our monthly readers to know that we appreciate and cherish each and every one of you. The holidays are filled with opportunities to make new memories and lasting traditions.

As the season continues we thought we would share a few helpful tips to make the season a little brighter as you enjoy your new manufactured home.

10 Tips to Organize  
Your Holiday Dinners



New Year's Eve Party Ideas



## Tips to Help Reduce Holiday Stress:

1. **Set a Spending Budget:** Finances create stress throughout the year. By setting a budget and sticking to it, it will help alleviate that financial stress. Remember, it's not all about the presents this time of year.
2. **Get Plenty of Exercise:** Exercise alone releases endorphins to help reduce your stress levels. Take a few minutes and go for a walk, or whatever type of exercise brings you joy.
3. **Keep It Simple:** Don't over-extend yourself. Keep your festivities at a realistic expectation. Don't be afraid to delegate and get your family involved to ensure the holidays stay fun and not a chore.
4. **Take Time for Yourself:** This time of year tends to send folks into a massive whirl of so much to do. Take time for yourself every day to just relax. 15 minutes in a quiet room or relaxing sounds can do a world of good and keep you energized.
5. **Pick Your Battles:** Many of us only see certain family members and/ or friends this time of year, and there may be a good reason for that. Remember: it's easier to agree to disagree than to engage in arguments that will never be won.

Courtesy of healthline