

# your HEALTHUPDATE

Tips To Stress Less This Season

## BOOST YOUR holiday budget

Keep the holidays fun and minimize stress when you avoid overspending.

Try these tips to help manage spending and boost your holiday budget:



### COMPLETE A FINANCIAL FAST

Give a boost to your holiday budget with a 21-day financial fast. **Temporarily cut out extra spending like dining out or typical online purchases to pad your holiday spending budget.**



### UPDATE YOUR TYPICAL TRADITIONS

It's easy to spend money and get swept up in holiday festivities with friends and family. **Replace one high-spend activity such as buying new holiday decorations with a low- or no-cost option like making holiday decorations at home together.**



### SHOP SMART

**Plan to complete some of your holiday shopping online—it's easier to price compare or use browser extensions that automatically apply coupons so you get the best deal and save money.** Plus, you will avoid the holiday crowds which can lead to impulse buying.