

### Coconut Telegraph

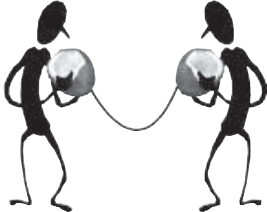
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#### Deadline

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It is available for free online at [www.theconchtelegraph.com](http://www.theconchtelegraph.com).

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Hunk of the Month

Elks Lodge Exalted Ruler Ray Eubanks

Editorial: Christmas Joy from the Coconut Telegraph

Is Christmas a joyous time for you? Or are you stressed?

Overspending on presents, pressure from loved ones, prolonged proximity to difficult family members and loneliness can all build your stress level. However, it doesn't have to be so. Christmas is meant to be fun and joyous. This year, take charge and make it work for you.

1. Choose to believe that everything will go well. If you thought the Christmas party was going to be boring, then think instead that it will be fun. Think positively.

2. Watch that credit card. Don't overspend to have a good time. Hide it and use your cash sparingly.

3. Work out a sensible budget, so it doesn't under-

mine the whole of 2016 for you. Christmas is only as commercialized as you let it be. Remember, YOU are the greatest gift you can give - it requires no money whatsoever.

Do everyone in your life a favour and suggest they curb their gift expectations. Go even further, and suggest that they give some cash to a chosen charity instead of a gift to you.

If you must give a gift and you are uncertain about what to buy, then give a gift voucher. Avoid the extra stress of anticipating whether they will/won't like your gift.

4. Make the best of yourself for all those exciting parties and dinners. Look your best, get that wardrobe in shape and to get a hair cut.

5. Stop worrying about how the house is going to look when you have visitors and family in. There is no need to create that perfect Christmas as seen on TV. Make everyone feel welcome and be a happy, relaxed host.

6. Accept your relations just as they are. They mean well and they are doing the best they can with their current level of awareness, knowledge and understanding.

7. Create an alternative Christmas meal - rather than slaving over the usual cooked feast, be creative and limit the work.

8. If you are going to be on your own over Christmas, see it as an opportunity for freedom and space to enjoy the festivities even more. Perhaps

you can connect with other people on their own, and have a communal Christmas lunch.

9. Spend quality time with your significant other and plan some time off from housework.

10. Volunteer time and contribute to others. Focus on others and spread good vibes all around you. Think who you can help - maybe a neighbor with food shopping or babysitting.

Remember, it is the giver who gets the gift. To quote a Christmas film (Scrooge), 'We act a little nicer, we smile a little easier, we cheer a little more. For a couple of hours out of the whole year we are the people we always hoped we would be.'

A joyous Christmas everyone! Special thanks to A. Devalia on [lifehack.org](http://lifehack.org)

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