

## How To Stay Sane And Have More Fun During The Holidays

(NAPSA)—This is the season when we gather our families for cozy holiday celebrations. However, these celebrations don't always run as smoothly as we hope.

The most wonderful time of the year can easily become one of the most frustrating when people are sullen or upset, when plans change unexpectedly, or when weather or traffic make travel difficult and tiring. Here are some tips for keeping the holidays happy:

- Figure out what you enjoy most about the holidays. It may be time spent with your family at home or the annual holiday ski vacation. Keep this top of mind. You can help reduce holiday stress by simply thinking positively.

- Realize that some of the best memories are unscripted; while planning early and being prepared are important, prepare to be flexible and “let go” of a plan when the unexpected occurs. Be willing to negotiate and compromise, when necessary.

- Make coming home a joy for your family by starting a tradition of special foods at each holiday. That special cookie or candy prepared ahead will be a soothing comfort during the festivities.

- Schedule a recreational activity like golfing, snowboarding outdoors or an indoor romp at the local swimming pool. Sports can be an ideal stress eliminator for the whole family.

- Take social gatherings to a



**Get the family out of the house during the holidays and schedule a stress eliminator like golfing or snowboarding.**

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whole new level by taking advantage of the technologies and features of a new digital camera. Digital photography not only makes taking pictures and preserving memories easier, it makes sharing pictures—and the social interaction that goes with it—immediate.

Sony's new Cyber-shot DSC-T50 and DSC-N2 digital cameras feature three-inch touch-screen displays and built-in slide show capability with music. Their extra-large screens are perfect for displaying slide shows that can instantly become part of the family fun. For more information, visit [www.sonystyle.com](http://www.sonystyle.com)

- Plan to carve out a little “me time” if you are the person responsible for organizing most family activities. If you want to create a warm, soothing environment for family and friends, you'll need to draw on that calm space within you.