

## Guilt-free *Indulgence*

### Hang a few holiday decorations early!

It's weeks until the holiday season officially starts, but why wait to hang a favorite ornament, put out a poinsettia or listen to classic Christmas songs? "Getting a jump on the holidays actually decreases stress by letting you tap into all the positive, hopeful emotions of this time of year—with none of the hectic downsides," says Debbie Mandel, author of *Changing Habits* ←

#### Did you know?

Christmas ornaments were all handmade before Woolworth's began selling manufactured ones in 1880!

#### 4 more ways to **Jumpstart joy!**

##### Watch a favorite holiday movie.

Studies show that cheering on characters—like those in *White Christmas*, *It's a Wonderful Life* and *Miracle on 34th Street*—as they solve their problems in these upbeat films makes it easier for us to reach our own happy endings!

##### Be your own Santa.

Treat yourself to that new CD, book or sweater you've been hoping to find under the Christmas tree, advises Victoria Moran, author of *Creating a Charmed Life*. You're worth every penny!

##### Fill your house with flowers.

Studies show that flowers provide an emotional lift. You don't need to spend a fortune to spread their joy throughout your house. Buy one bouquet and split it up into several different bud vases.

##### Write an early Christmas card . . .

to someone you especially want to thank for being a great friend. Recalling her act of kindness helps you realize all the blessings in your life, a sure-fire way to lasting bliss, explains Mandel.