

# WOMEN *sit back, relax and enjoy the holidays*

with Amy Moore



## FIVE WAYS TO DEAL WITH HOLIDAYS

*While men have their little ways to deal with the holidays, dealing with men dealing with the holidays can become a chore itself for women. Sitting through football games, listening to the sports chit chat and cleaning up the beer cans is more than even the toughest women can handle. Here are some tips for women to relax and renew while the men in their lives regurgitate and review the game clips:*

**5. LOWER YOUR EXPECTATIONS** - Have a realistic idea of what is really important and have fun with the holidays. Don't stress about decorations because most people won't remember the minute details. Besides, you'll be putting them up and taking them down yourself, so don't succumb to the pressure.

**4. GET SOME SLEEP** - Resting can give you the energy to put up with even the most annoying

male habits. And, beauty sleep can go a long way after a day of dealing with the family.

**3. LET HIM DRESS HIMSELF** - Most men don't have the slightest clue as to what is fashionable. Instead of stressing over buying him the perfect outfit to meet and greet with Great Aunt Pearl, let him pick out his own outfit. While he may look flamboyant, or flammable, in whatever he chooses, he'll be more

comfortable and it just might become a conversation starter.

**2. IGNORE HIS ATTITUDE** - You aren't the only one stressed out over holiday get-togethers and all that entails. Keep in mind that your male counterpart is just as agitated and irritable as you are about festivities. Understanding that he is feeling the same things you are could make for good conversa-

tion later in the evening.

**I. MALLS** - Get rid of the man and get down to the shopping. Nothing cures a case of the 'man holiday' like getting in touch with your inner money-spender. And sometimes it's not just about spending money as it is getting away for awhile. Considering all the sales that will be going on, it's a good time to retreat from the house and enjoy the best person in your life - you!