



# Prevent hosting stress

Gathering together with friends and family creates treasured memories. But hosting those gatherings can be stressful. Here's how to create a fun get-together without all the worry.



## PLAN AHEAD

It's never too early to start making to-do lists and shopping lists for upcoming gatherings. Keep paper handy to jot down things as you think of them, or have a list on your phone. The bigger the group, the sooner you should start planning.

## DON'T REINVENT

Every get-together doesn't have to be completely different from the last one. Reuse ideas, recipes, games, and decorations that worked well previous times. It's OK to make the same dishes at holidays or parties. People will look forward to it.

## DELEGATE

It's better to delegate tasks to others than spend days leading up to the gathering stressing out about every detail. Ask your partner or children to pitch in on specific jobs. Enlist friends and family to bring parts of the meal. Be proactive about engaging help.

## LET GO OF PERFECTION

Throwing a good party can be very rewarding. But, if you're too stressed to enjoy it, you'll be the one missing out. Remember your friends and family are coming to be together, and that's the most important thing. Don't sweat the small stuff.

## PRIORITIZE YOURSELF

Don't let all the hustle and bustle wear you out. Schedule a few relaxing blocks of time leading up to the event. Go for a walk in your favorite park, sit down with a book, or call and chat with a friend. On the day of the gathering, prioritize getting showered, dressed, and feeling your best.

## GET IN THE MIX

Once the party starts, let yourself enjoy it. Join a game, mingle with your guests, and be sure to sit down for the meal. Plan your gathering so that most of the work ends once everyone arrives, and you can be present for the memories.