

## Newsletter 11

Christmas is coming



Welcome to the 11<sup>th</sup> newsletter of Clean Desk Professional Organising!

### **FOREWORD -- CHRISTMAS = TIME TO ENJOY!**

In a month it is Christmas, where did the time go? Christmas is a time to enjoy, but sometimes all the preparations cost so much stress.... In this letter and an extra document on my website tips to avoid some of the stress. I will not be home during Christmas, so that saves me some of the preparations, but we still will be decorating the house. A Christmas tree and adding a new house to our Christmas village. We are building a village, with houses, a church, a school, a mill, an ice rink and several figurines. This year we will work out a better light plan. And as a family we decide which house/building is next. Difficult!! There are so many nice ones to choose from. To make it somewhat less difficult, we made a price criteria. That helps (a bit...).

*The excellence of a gift lies in its appropriateness rather than in its value.*

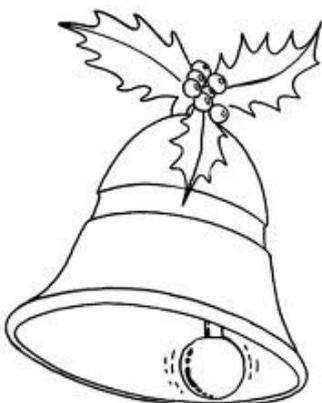
*(Charles Dudley Warner)*

### **TIP -- AVOIDING CHRISTMAS STRESS**

Internet is full of helpful tips to avoid a lot of Christmas stress. I made a document with a lot of tips and some websites. My most important tips? **Plan and enjoy!**

Planning is not the most fun thing to do, but will help you to avoid a lot of Christmas stress:

- Make a plan in November: what to do when (checking decorations, making lists of presents, decorating, trying dishes, sending cards and invitations...)
- Make a budget and stick to it!
- Make a plan in November: what to buy when (presents, cards, decorations, food...)
- Don't buy more than you need!!
- Make a plan for Christmas itself, especially when you are having guests. Prepare as much as you can before the actual day, so you have time to enjoy yourself as well.



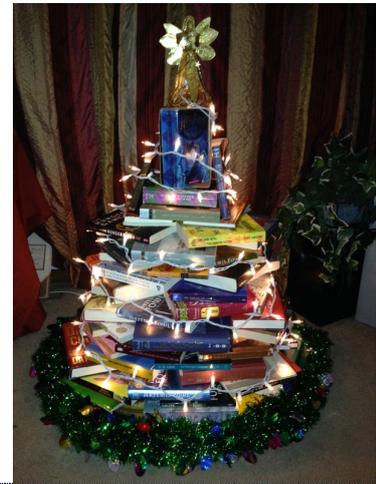
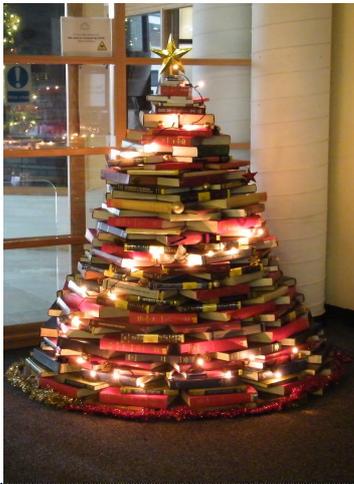
A few other tips:

- Send Christmas cards before 18<sup>th</sup> December.
- Check your decorations before you actually start decorating, so you will have time to replace things or buy new things.
- Shop online whenever possible.
- Delegate tasks, don't do everything yourself.
- Don't overdo, spare time and energy to relax and enjoy!

*More Christmas tips to avoid a lot of the Christmas stress.*

## BOOKS -- TO MAKE A CHRISTMAS TREE.....

No books to read about organising this time. Let's enjoy any other book these weeks if we have time. For fun some special Christmas trees....



## USEFUL WEBSITES -- ABOUT CHRISTMAS



Christmas presents they won't have to find space for:

<http://blog.apdo-uk.co.uk/?p=952>

<http://www.netmums.com/activities/christmas/your-top-tips-for-all-things-christmas>

<http://www.stress.org.uk/files/Christmas-stress-guide.pdf>

*It's true, Christmas can feel like a lot of work, particularly for mothers. But when you look back on all the Christmases in your life, you'll find you've created family traditions and lasting memories. Those memories, good and bad, are really what help to keep a family together over a long the long haul.*

*(Caroline Kennedy)*

## CHRISTMAS SESSION -- PLANNING – DECLUTTERING .....

What do you need help with? Let me know.

Special Christmas offer: £5 per hour off!

Conditions: one-hour intake is free, sessions last at least 3 hours, normal rate is £ 30 per hour, now £ 25, offer ends 14<sup>th</sup> January 2015.



*As a professional organiser I can organise your things, documents and time with or for you, being your own personal professional organiser.*

*Do you want to receive this newsletter every month? Send an email to [wendy@cleandesk.co.uk](mailto:wendy@cleandesk.co.uk).*

*Do you like sending this news letter to others? I appreciate that!*

*Kind regards, Wendy*

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