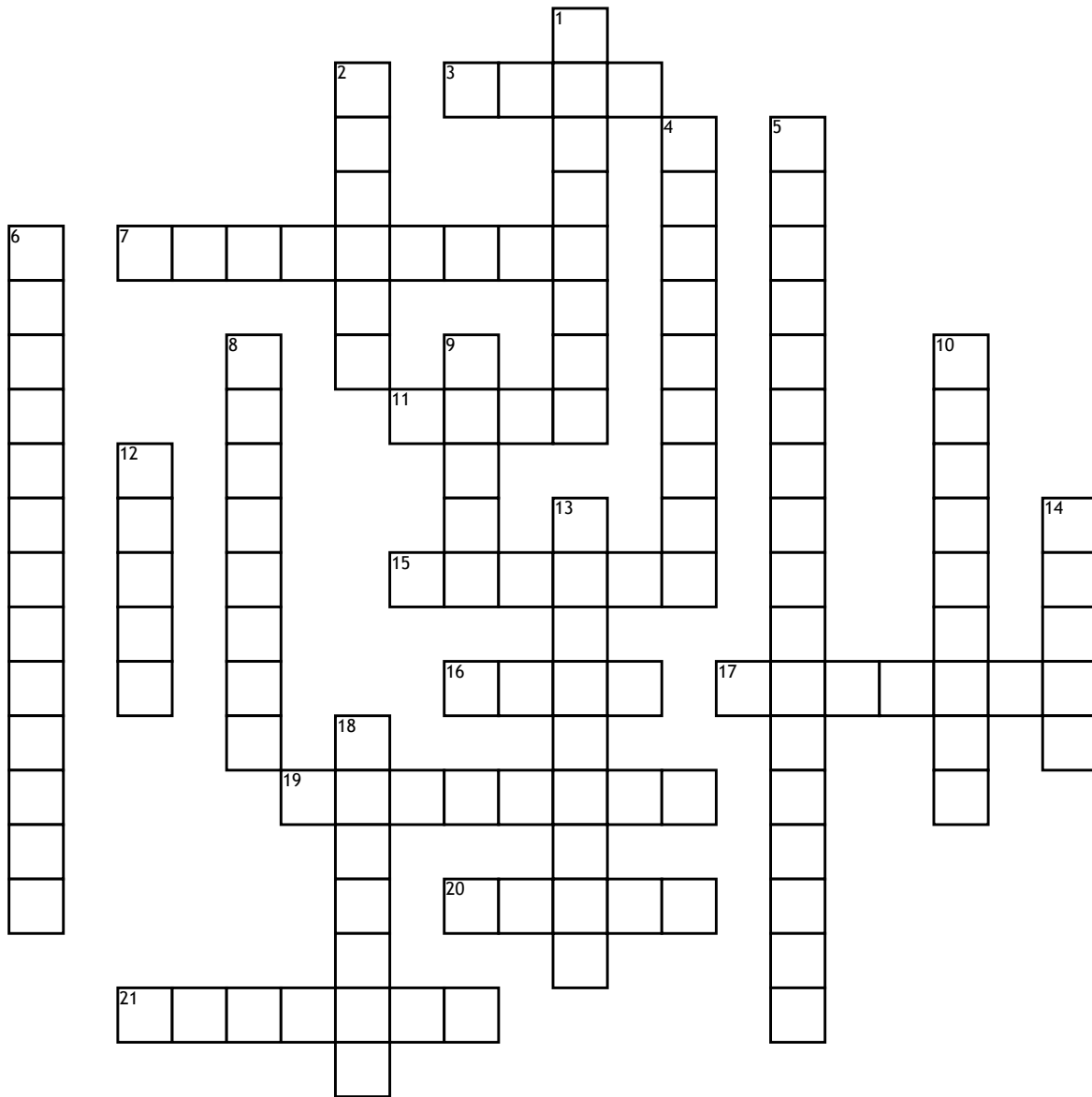


Surviving the Holidays



Across

- 3. Do this ahead of time and freeze it
- 7. Allow people to be _____; we're not all the same
- 11. _____ time for yourself, avoid overextending yourself
- 15. Delegate _____ to family members
- 16. _____ activities to cut back on the size and number of gifts you exchange
- 17. Get plenty of rest and _____ (two words)

- 19. Hire this type of service to help you out
 - 20. Get regular _____
 - 21. Enlist the _____ of family and friends when needed
- Down**

- 1. A way to think
- 2. Help _____ with their festivities if you are capable
- 4. December 25th
- 5. Learn to cope with stress through _____
- 6. Don't try her layouts, what you can do it good enough
- 8. Do this year-round

- 9. Another word for giggle
- 10. _____ your services
- 12. Spend time with _____ ones
- 13. Get _____ early to make holiday preparations
- 14. Show your teeth and _____
- 18. Avoid the overuse of this _____