#2 HOW TO… survive Christmas!

It's nearly Christmas. You've got to buy presents. Your whole family's coming for three days! You always eat too much. Help!

The stress

Thirty per cent of Brits dread* Christmas[1]. If you google 'stress-free Christmas', you get more than 18 million results. What is everybody worried about?

• **SHOPPING:** The shops are packed* at Christmas and it's really hard to think of good presents.

• **MONEY:** People spend too money preparing for Christmas. Last year, Brits spent £560 (€712) each on Christmas[2]!

• **FAMILY:** The whole family + small space + too much food and drink = arguments!

TEAM says …

1. Plan your Christmas shopping. Spend a small amount on each person, but think of something they'll really like. Don't buy everyone a kitten* calendar at the last minute on Christmas Eve, like Bart Simpson does.

2. Practise your 'thank-you smile' before Christmas. If you get a horrible jumper from your auntie, use the smile.

3. Go into the kitchen and help with the cooking. You won't hear the arguments and your parents will be impressed*.

TEENS say …

Jason, 15, says, "Tell your parents what you want for Christmas so you're not disappointed* on Christmas Day." And 77% of British teens agree with Jason[3].

CELEB Justin Bieber says …

"I spend Christmas with my family. Why would you be away from your family at Christmas?"

EXPERTS say …

The National Trust says: "If you feel stressed, go for a walk and look at some trees. Or stare at the Christmas tree for five minutes. People feel calmer when they see green leaves and breathe clean air."

Consumer* expert Cassandra Jardine says: "If you are good at making things, then make your Christmas presents. If not, limit* how much you spend. Choose useful presents but don't go too far*. My friend's grandmother once gave her toilet rolls!"

YOU say …

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WORDWISE **hassle (n)** – a problem ✱ **to dread (n)** – to wait for something bad to happen ✱ **to be packed (phrase)** – so full that it is uncomfortable ✱ **kitten (n)** – a baby cat ✱ **impressed (adj)** – think highly of something ✱ **consumer (n)** – person who buys things ✱ **limit (n)** – maximum ✱ **to go too far (phrase)** – do something too much so that it annoys or upsets people

1. metro.co.uk **2.** HSBC Christmas Shopping Survey 2011
3. Mobiroo survey of 1,000 11-18-year-olds, 2011