



# Mission In Motion

## Health & Wellness Weekly Bulletin

December 2012—Stress Management



### December 10, 2012: Week 2

#### End the urge to overspend



Setting a spending limit and sticking to a budget can help relieve holiday stress. Put these tips in your back pocket:

- It's the thought that counts. You don't have to buy others expensive gifts that will take the next year to pay off.
- Consider other options. Suggest that friends or family members attend a holiday event together instead of exchanging gifts.
- Buy only what you need. Pass up the holiday knick-knack just because it's cute or "on sale."
- Track your purchases. Keep your receipts and log your spending activity. If you're not in the habit of keeping up with your expenses, you'll be surprised where your money goes!

Source: American Psychological Association



**Human Resources Dept.**

**1201 E. 8th Street**

**Mission, TX 78572**

**956-580-8630**

