



# WELLNESS TIPS

## HOLIDAY BUDGETING



### TIPS FOR NOVEMBER WELLNESS

*Give your credit card and your mind a holiday by limiting what you buy to what can safely come out of your bank account. Holiday budgeting is a way to set limits on your purchases and still enjoy the season. It can help to set up a budget and limits that you will stick to without caving in and racking up the credit card.*

#### Set Holiday Spending Limits

Don't let your debt become the Grinch that robs the fun from your holiday season. Base your gift buying on sentiment rather than dollar value and avoid giving yourself a year round debt headache. Setting a spending limit is crucial to ensure you don't overspend. Go through your budget, bank statements, and credit card accounts to see how much you can add to your holiday budget. Be sure not to take money from your emergency fund or from the budget for necessary expenses, such as rent and utilities.

Determine your holiday expenses by taking into account everything you'll be spending during the holiday season. Plan for expenses such as:

- Gifts for family and friends
- Wrapping supplies
- Party decorations
- Meal ingredients
- Clothing for events
- Games and activities
- Travel and accommodation
- Charitable donations

#### Make Your Own 'Naughty or Nice' List

Santa has to buy presents for the whole world, but you don't. If your shopping list includes more than five people outside of your immediate family, cut down on the number of people on your present list.

#### Provide Personalized Gifts

A small, thoughtful gift can be more meaningful than an expensive one that someone may never use. Avoid impulses to shop at trendy stores and start the holiday by taking a moment to think about what those on your list could really use.

#### Give the Gift of Time

Far-away family and friends might love nothing more than a visit from you. Another idea? Writing up a "free night of babysitting" card for your family members with young children, or "good for a home-cooked meal" certificate for your widowed aunt that can be used when the time is right.