



Britons will spend **324 hours** of their lives wrapping 1,882 Christmas presents, according to research by Amazon Fresh.

# FESTIVE FRAZZLE

Christmas is supposed to be the most magical time of the year making precious memories with our nearest and dearest but the picture-perfect social media expectations and the whirlwind of demands in both our professional and personal lives mean that so many people aren't feeling festive, they are feeling frazzled.

At the end of a long year with no Bank Holidays since August, it's not a surprise that the prospect of wrapping the presents, decorating the tree, keeping the kids entertained, cooking dinner for 20 people with different dietary requirements and the end of year work projects mean that it is going to take a Herculean effort to be merry and bright.

FOMO - the fear of missing out - also seems to be adding to our festive stress. Research from cashback and rewards firm Rakuten found that 50% of people have struggled to get hold of in-demand presents in years gone by and that 30% have missed out completely. As a result, 38% feel anxious until they've bagged the must-have item and 36% are left feeling exhausted thinking about what they

need to buy. FOSO - the fear of selling out - is causing people sleepless nights.

DON'T let perfection spoil the party. Don't compare your Christmas celebrations to those you see on Instagram or in a glossy magazine, they aren't real life. DO what you and your family, friends enjoy, they want to see you happy and relaxed. Embrace your own individual version of Christmas, get into the spirit of the most magical time of the year your way.

DON'T do it all by yourself. Your new mantra is delegate, delegate, delegate. Whether it is booking the online delivery slot, peeling the spuds, making the Christmas cake, taking the kids ice skating, or doing some Black Friday shopping, DO share out the responsibilities as your loved ones should be more than happy to share the load. This also applies to your work life, if you don't think you can meet an end-of-year deadline ask for help from your manager or colleagues.

DON'T shop 'til you drop. It's easy to get carried away when you're shopping and the credit card is

burning a hole in your wallet. DO only spend what you can afford, more debt leads to more stress in 2026.

DON'T leave everything until the last minute. The old adage of it pays to be organised is particularly true at Christmas. DO make yourself a list and a timeline of what needs doing and when. Where there are shared responsibilities, put it on the family or friends group chat so everyone knows the priorities. Thoughtful planning will help you navigate this busy period with more joy.

DON'T neglect yourself. Stress can lead to a weakened immune system and the last thing you want is a cold or flu to ruin your Christmas holidays. DO stick to a healthy diet and exercise plan, despite the challenges of the winter weather, so when Santa Claus comes to town you are fighting fit.

All we want for Christmas is that you are festive and not frazzled, remember to keep calm and jingle all the way. Sending you warm wishes and a very Happy New Year from the Office VIBES® team.