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10 Little Ways To Have A Happier Holiday

With Thanksgiving a week away, and then four weeks of Christmas preparations, parties, and other festivities to occupy our waking hours, this is probably the best “quiet before the storm” time to get your thoughts wrapped around how to go into this holiday season more relaxed, simplified, and basically a happier one. Here are 10 little ways to have a happier holiday:

and the scent of vanilla reminds me of my childhood and comfort. During the holiday season, add a little bit of scent happiness to your work space, your home, and even your vehicle.

Monadnock Family

with Lori Catozzi Cook



1. Don't fly solo. Perhaps you are always the one who cooks Christmas dinner or the one who wraps all the gifts for the annual toy drive; instead of doing everything yourself, ask for help. Even little chores taken off your full plate will make a big difference. Who knows, you might actually start a new tradition with that helper, and traditions have a habit of growing.

2. Give yourself a lift. If headed out for a day of shopping in a packed mall or hitting the sidewalks of Main Street USA, take a moment to soak your feet, stretch your body, and loosen up your shoulders to get rid of any tension you might have. Now you're ready to take on the mob!

3. Take a breather. If you find you have a day of endless things to do, don't forget to stop and take a breather now and then. Even five minutes will help. Sit, close your eyes, breathe in through your nostrils and out through your mouth – whatever it takes to bring your mind and body to a calm and relaxed state before you carry on with your busyness.

4. Happiness is a sniff away. I love scents: cinnamon reminds me of the holidays and puts me in a joyful spirit, eucalyptus makes my mind feel clear and my body at ease, clementines make me feel energized,

5. Look for the silver lining. Try to keep thoughts positive. If you are feeling right out straight leading up to Christmas – “12 people on my gift giving list” – then switch that thought to a positive one – “Aren't I fortunate to have 12 people I love in my life?” And we all know that a positive attitude will take you a lot further than a negative one. Positive thoughts.

6. Singing is good medicine – it erases tension and lifts your spirits. So this holiday season, belt out your favorite holiday tune while you're driving in your car, cleaning the house, or wrapping gifts. Crank it up!

7. Get a pinch of wonderstruck. Participate in a tree lighting ceremony, listen to bell ringers or a church choir, attend a holiday play, or take in a Christmas concert. Want low key? Build a snowman with your kids then stand back and admire the creation or stand outside by yourself and watch the snow falling.

8. Unload your schedule. Make the choice to not overdo your schedule through the holidays. Do you really need to be part of every holiday event? Probably not. Choose your invites wisely. You don't want to participate in back-to-back events over the weekend and then find everything in disarray when trying to start the next work/school week.

9. Need to be recharged during the holidays? Give yourself a timeout, fix yourself a hot cocoa, and put on a holiday movie, or gather the children to watch animated holiday cartoons. Relax without regret.

10. Pamper yourself. Take a day to focus on yourself. Apply a face mask and then bathe in a scented bath. Give your hair a deep cleaning treatment. Treat yourself to a massage. Just do something for you. You're important.

Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.

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Dublin Community Forum On Tax Prep, New Tax Law

Tom LaFortune, from 101 Tax Prep, will give information on the new tax act and how it will impact individual tax returns for the new year at a community forum in Dublin. The forum will take place on Saturday, November 17th from 4:30 to 5:30 p.m. Refreshments will be served.

The Dublin Community Center is located at 1123 Main Street. For more details, email info@dublincommunitycenter.org or call 603-563-8080.

The Web Corner

with Charles Oropallo



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WordPress

Websites don't just appear out of thin air. They must be built. There are numerous products to assist with this. Many are what are called Content Management Systems (CMS). The most popular today is called WordPress. Nearly 1/3 of all websites use it.

WordPress started as a blog software. Its capabilities evolved over time to include pages, navigation, and all the components needed for a web presence.

Just as anyone can build a home or paint a house or even perform their own dental work, anyone can make a website. All you need are the right tools and lots of time to spend learning how to do it, right? That's why we hire contractors and painters and go to a dentist. WordPress developers save folks the time of developing the website, so they can be busy doing what they are best at.

WordPress software is free. However, website development takes time and is best done by professionals familiar with it.

Be wary of the promise of a website “anyone can build.” Those result in trapping you to a particular vendor, meaning you do not own your website. With WordPress you can go anywhere, and most importantly, you own the work you paid for.

Charles (Charles@CharlesWorks.com) started CharlesWorks in Peterborough in 1998. His team does website design, hosting, and related web services (http://charlesworks.com).

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