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5 TIPS TO A STRESS-FREE HOLIDAY SEASON - ADVICE FROM A PRO!

PHILADELPHIA, PA, DECEMBER 6, 2011:

The National Association of Professional Organizers – Greater Philadelphia Chapter (NAPO-GPC) consists of 90 organizing experts who serve clients in Pennsylvania, New Jersey and Delaware. Especially at this time of year we find that people are overwhelmed by all the chaos of the holiday season which is piled on to their already busy lives! Couldn't your listeners benefit from the expertise of these organizers?

One former board member, and published author, Anna Sicalides offers these five tips on how to simplify, and organize now to create a dazzling holiday season for you and your family.

1. If you haven't decorated yet, ask yourself what would happen if you didn't decorate? Ok, what would happen if you decorated minimally? That's what I am doing this year, and it will be just fine!
2. Get your wrapping supplies together. Create a spot in your house where you can wrap, put your gifts there when you come home from shopping, then you can wrap a few every day! Last year I set up a wrapping station in my den at a desk we rarely use, it really minimized the stress for me (I used to wrap on Christmas morning).
3. If you are having a party, get your invitation out NOW, to make it quicker and more efficient, use [Evite](#) or [Paperless Post](#).

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4. If you are going to send cards, check to see what you have on hand, if you need more, grab them the next time you go out. You can get great ones online or run into a book store, card store, gift shop. While you are it get your stamps on-line now at: <http://www.usps.com>
5. Schedule some "ME" time away from your home and family, whether you choose to walk, get a massage, have your nails done doesn't matter, having some quiet time will help you maintain your sanity!

Now you have some tools to help you approach the holidays with a smile on your face! Once you have these accomplished you will have a framework to sanity and organization. You will DAZZLE those around you, and maybe even yourself!

About Anna Sicalides

Recognized as a leader in her field, Anna served on the board of NAPO-GPC from 2003 until 2010, including three terms as President. She has served in many capacities on the national level of NAPO. Anna is also a co-author of Getting Organized Today, (PowerDynamics Publishing, 2010) and a contributor to [Sync or Swim](#), an e-book of organizing tips. Anna has been featured in *The Philadelphia Inquirer*, *Main Line Today*, and *Suburban Life*. And she would be happy to do an interview with you on your radio show! See her contact info above.

About NAPO-GPC

The non-profit Greater Philadelphia Chapter of the National Association of Professional Organizers (NAPO-GPC) has been in existence since 1996 and has more than 90 members serving Eastern Pennsylvania, Central & Southern New Jersey, and Delaware. The Greater Philadelphia Chapter is part of the national nonprofit organization, NAPO, which has been active since 1985 and consists of more than 4,000 members throughout the United States and in eight other countries. For additional information about all of our experts or to find a professional organizer near you, visit the NAPO-GPC website at www.napo-gpc.org.

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