

Close to Home

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If you enjoy receiving our monthly *Close to Home* e-Newsletter, [click here](#).

Thank you!



How to Make the Holiday Season Less Stressful.

Whether you call it "the holidays", Christmas, Hanukkah, or simply a six-week stretch between Thanksgiving and New Year's when life seems to move faster, this time of year can test our ability to cope with stress.

Gifts to buy, cookies to bake, office parties to attend, and decorations to be hung – it's all happening at once, and all at breakneck speed.

So to help make your season a little brighter and easier to manage, we're pleased to present the following tips for relieving holiday season stress:

Set aside differences.

Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget.

Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

Give yourself permission to not be perfect.

The house need not have every light hung precisely in order for the holidays to be memorable and fun, nor does everyone need the most perfect present they've ever



Green & Healthy Living Tips

Choose Wisely. Choose your first buffet picks wisely. Research suggests that you'll consume the largest quantity of the foods you eat first, so set yourself up for success by starting with something low-calorie like veggies, fruit, or salad.



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received. If you had to pick between giving your kids extra attention or spending more time focused on details nobody will notice – well, which makes more sense for you?

Remember what the holidays are really about.

Of course you have a gift list you want to conquer and hundreds of outstanding to-do's before the holidays are in full swing. But family togetherness, spiritual enlightenment and camaraderie with friends are far more important than the overwhelming details. Stop to appreciate all your blessings.

Give to others.

If the holidays make you feel empty or lonely, try giving to others. The best way to get filled up with the holiday spirit is to give. Fill up your heart by helping those who are less fortunate.

You know what we're most grateful for here at Your 1 Plumber? The simplest thing of all: the continued loyalty of valued customers like you. What's more, it's our hope that we are able to repay it, in some small measure, with respect, a sense of gratitude, and continued excellent plumbing.

In addition, we're pleased to present you with two ways to enjoy improved home comfort for less with the coupons on page 3 of this newsletter.

Happy holidays from all of us at Your 1 Plumber.

William Kirkorian
President



Amazing Fact

"We Wish You a Merry Christmas" was originally a threat. The ever-popular song was originally sung, loudly and repeatedly, by crowds of rowdy, lower-class servants demanding booze from their masters...or else. (I.e. "We won't go until we get some!")

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Our Favorite Recipes

Sweet Potato Casserole



"Unlike many sweet potato casseroles, this one is not too sweet. It smells so amazing, with subtly sweet potatoes accentuated with maple syrup and a pistachio topping. It's a wonderful combination of taste and textures."

[Click here to view and print this recipe](#)

You Gotta Laugh



"I don't mind fruitcakes. They're the one thing during the holidays I'm not tempted to eat." *Melanie White*

Faucet Replacement

Save \$35

...on a new kitchen or bath faucet purchased from and installed by Your 1 Plumber. This offer is valid through December 31, 2015. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. Not valid with any other offer or minimum service fee.

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Save \$25

...on any other service our company offers. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. This offer is valid through December 31, 2015, and may not be combined with any other offer or minimum service fee.

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