

# Successful Psychology

## Holiday Card Stress? Not This Year

(NAPSA)—The building excitement surrounding the holiday season can be a great time to revel in the traditional sights, sounds and smells, but it also means less time to tackle that holiday to-do list. One of the most important yet time-consuming tasks of all is writing those heartwarming holiday cards to dozens of family members and friends.

While sending holiday cards helps connect millions of people in the spirit of the season, it can also be a stressful undertaking. Fortunately, it's possible to keep this year's card-writing stress to a minimum by creating thoughtful, personalized messages while saving time and a few dollars.

### Find A Card That Mirrors Your Personal Style

Consumers no longer have to battle busy holiday card sections or other shoppers for the right to the best selection. A wide variety of holiday cards is readily available online, and many can be personalized with family photos. These personal images are as much a reflection of the sender's sentiments as the message inside, so choose wisely.

For those with modern tastes, choose a card such as those designed by American artist Jon Flaming for FedEx Office at [www.fedex.com/gifts](http://www.fedex.com/gifts), or for more traditional style, opt for a classic winter setting.



**Preprinted holiday cards can now be customized with photos and a personalized message.**

### Have Your Message Preprinted To Save Time

Finding the ideal holiday card design is the simple part. Crafting that meaningful message is where the real work begins. However, this process won't be so tedious if the card is preprinted with a unique note. FedEx Office, for example, allows customers to have their own messages printed inside every card it offers, even online. This personal touch allows senders to convey their feelings while eliminating the time it takes to craft a lengthy, handwritten note.

With these simple ideas, holiday cards will continue to keep family and friends close during the winter season but with significantly less stress.