



The Holidays are Here! The best time of the year and the perfect season for our We Help platform to thrive. The true spirit of Christmas is helping others, and we here at hhgregg have some suggestions on how to assist those in your spheres of influence:

Your Spouse: If you are married, know your husband or wife faces unique stressors this time of year: in-laws, wrapping up end of year at work, late night shopping, cooking, cleaning, Clark Griswold light hanging, etc. Be sure to show grace, try to diffuse tension and ask, "How can I help?"

Your Children: Your kids also have unique pressures this time of year: final exams, hanging out with relatives they may not like very well, sports tournaments, whether or not they are invited to the "cool kid" Christmas party, etc. Older children may also feel their budget stretched about who to buy gifts for. Encourage them to not get caught up in materialism, coordinate their schedule so they have some down time, and be sure to ask, "How can I help?"

Your Parents & In-Laws: Christmas can bring out the best (and worst) in your parents and in-laws. Stressors may include: too many presents to buy for too many people, preparing holiday meals, having to "share" you and the grandkids, etc. Let them know how much you love and appreciate them with emails, phone calls, texts, and good old-fashioned snail mail. And ask, "How can I help?"

Your Friends: Many of your friends are going through some of the same stresses you are, and maybe more. Perhaps this is the first holiday season they are celebrating after losing a loved one. Or they have to visit too many people in too few days. Maybe their boss just loaded them up with busy work. Whatever it is, ask, "How can I help?"

Your Acquaintances: These are the people you may or may not know by name. The cashier who has had to pull a double during the holiday season because someone called in sick. The homeless man you always see at the intersection near your work. The neighbor with the disabled child you wave to as you drive by. The point is, so many are hurting and can use a hand. This is the season to start with a simple question, "How can I help?"

Be sure to take the *Holiday "We Help" Challenge* and ask someone each day, "How can I help?"



5 Ways to Help Ease the Holiday Stress

