



5 Stress-Free Gift Wrapping Tips

With all the things on your to-do list this holiday season, don't let holiday wrapping stress you out. Follow these tips for stress-free holiday gift wrapping:

Designate a space and time to wrap gifts. Get organized prior to wrapping your gifts by setting aside a reasonable amount of time and setting up a gift wrapping station in your home. Keep your supplies organized so that you don't spend a lot of time hunting for your missing scissors or tape.

Make it a family affair. Let children decorate lunch bags and use them to wrap small gifts. Purchase gift bags and tissue paper for larger gifts so that even very young children can help wrap gifts.

Use a gift wrapping service. Usually you can find gift wrapping services in your local mall. The time you save wrapping gifts can make it a worthwhile investment. Sometimes these services are operated by local schools, charities and scouting organizations, so your money may even benefit a good cause.

Purchase gifts online and have them arrive pre-wrapped. Many stores online offer affordable gift wrap and card options. You can order your gifts and have them arrive at your house already wrapped without getting a single paper cut.

Keep things in perspective. Your wrapped gifts don't have to look like they belong in a magazine. All of that paper is just going to end up ripped apart and balled up in the recycling bin, so don't spend too much time worrying about making your gift wrap look perfect.

To help keep stress at bay during the holidays or at any time throughout the year, reach out for confidential [non-medical counseling](#) by visiting [Military OneSource](#) or by calling 800-342-9647.

