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Fresh ideas for a fun and relaxing holiday season



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The most wonderful time of the year can also be one of the most stressful, so use these tips for a more enjoyable time.

Travel smart. Make your trip during one of the busiest months for air travel more pleasant by taking advantage of airline offerings. Choose the mid-range version of a carrier's options, like Air Canada's premium economy class, which has a larger seat, extra legroom and other pluses but is a lot less expensive than business class. Or choose to purchase a preferred seat in advance for additional space and comfort. If you're travelling with kids, the airline also offers complimentary seating assignments that allow you to sit together for no additional charge.

No-fuss decorating. For a simple, elegant and cohesive look, stick to a monochromatic colour palette that's both stylish and functional. Make easy, budget-friendly seasonal artwork by swapping out prints and photos in your existing frames with pretty leftover wrapping paper and free online printables.

Brave the outdoors. Spending time in nature is a great way to destress and centre yourself. Even if it's just hand-delivering greeting cards to the post office, go for a short walk to explore the pretty sights of the season. Or, make it a family affair and plan an afternoon at a local farm or park.

Throw away your shopping list. Instead of stressing out over finding the perfect presents, gift family and friends experiences like a nice meal out, a contribution to an upcoming trip, or tickets to a show that they can use with you or someone else. As a bonus, restaurant gift cards, e-tickets and an Air Canada gift card make for great travel-friendly gifts, taking up little to no space in luggage.





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