Keeping Your Cool

Feeling crazed? Try these tips to take it all in stride.

Spring holidays, school breaks and family vacations are all looming—on top of your usual day-to-day tasks. Protocol consultant Melissa Leonard offers quick checklists to keep you cool and collected in stressful situations.

Pressure Is On: You’ve planned a big party at your house.
Stay-Cool Strategy: Prepare early so you don’t feel overwhelmed by last-minute mishaps:
- Three weeks prior, create a guest list, and e-mail invitations or call to spread the news. Ask everyone to bring a dessert or beverage and RSVP.
- Two weeks before, make a meal plan (consider guests with special needs) and order food. Prepare recipes that you can freeze in advance.

Pressure Is On: The kids constantly demand your attention.
Stay-Cool Strategy: Set rules. “My kids know when to say ‘Excuse me’—these two words can make my day feel less hectic,” says Leonard. Here are some ways to keep calm:
- Explain to your kids why you need them to be quiet—it works wonders.
- Carve out an hour-long break for them to read or draw.
- Praise always gets positive results. If kids play quietly for the time it takes you to make an important call, let them know how helpful they’ve been.

Pressure Is On: You’re traveling on a family vacation.
Stay-Cool Strategy: Whether you’re on the road or in flight, be prepared with these tricks to keep you and the kids at ease:
- Bring plenty of paper, crayons, stickers and other portable activities.
- Pick up new toys at the dollar store and wrap them in gift wrap or foil. Kids love to open gifts!
- Play kid-friendly tapes or CDs that have proven soothing at home.
- Stock plenty of healthy snacks and special treats for major mile markers.

Freshness You Can Count On

Let’s face it, we all have our crazy days. But you can feel cool and collected with new Degree® Light Breeze Anti-Perspirant and Deodorant. You’ll get the same great coverage in a fresh, clean fragrance made just for women.

But don’t let the name fool you—there’s nothing light about the protection. The body-heat-activated formula will keep you fresh all day long. And the 24-hour protection kicks in right when you need it most.

And when the pressure’s on for dad, try our new Degree Ultra Dry Invisible Stick Anti-Perspirant and Degree Ultra Clear Deodorant Stick for outstanding protection and unique scents made just for him. For more information, flip to the What’s Hot, What’s New section at the back of the magazine.