

Add Compliments to Menu for a Happier Holiday Season

America's complimentologist shares 5 tips to stir up less stress during this busy time of year

For immediate release (Denver, CO)-- While the holiday season means plenty of time for cooking and eating, give others what they're really hungry for and have happier holidays. In this economy and at this time of year, people are craving recognition and encouragement. Yet we often overlook and underestimate the power of simply sharing more words of appreciation.

"In our hurried lives, stressed relationships and a growing culture of callousness, giving more compliments is a simple and immediate habit that grows *your own* happiness while uplifting those around you," says Monica Strobel, America's Complimentologist and author of *The Compliment Quotient*.

"Yet we can easily fall into old habits of criticizing one another while spending time with family over the holidays," says Strobel

People also hold back compliments for fear of sounding silly, that putting the limelight on others might take away from them or being accused of brown-nosing. "The secret is to focus more on each other's sweet spots than their weak spots. People grow into the vision we hold of them."

This holiday season, Strobel suggests a few easy and effective practices that will lessen the likelihood of old irritations ruining family get-togethers.

Top 5 Tips for Happier, Less Stressful Holidays

1. **Get proactive with praise** – Decide to look for the positive and praise your family members more often as a pre-emptive strategy to set a more jolly tone for family events.
2. **Spread positive gossip** – Compliment someone in front of other people or say it about someone else behind their back. As it gets back to them, the positive effect is amplified and more believed.
3. **Gift more compliments** – Compliments make great gifts for the under-appreciated hostess, who will bask in the recognition for her work. Spreads holiday cheer without spending a lot!
4. **Model encouraging behavior**– Children learn by watching what we do more than what we say—or even nag them to do. Complimenting others in front of your own children teaches them consideration and appreciation.
5. **Amp up affectionate appreciation** – Holiday demands often have us taking advantage of—and taking for granted—our spouse or partner, which can build-up resentment. Making an affectionate fuss over them keeps the romance simmering during this busy season.

Author, speaker, trainer and founder of Positive-Focus Success, Monica Strobel, *America's Complimentologist*, has appeared across the country on NBC, CBS, FOX, HuffPost Live, in *The Denver Post*, *COSMOPOLITAN*, radio and more. Her leadership on the power of appreciation aids entrepreneurs, managers, parents and partners access the proven, practical and irresistible side of positivity to get more success and joy into and out of their work, lives and relationships. More at positivefocussuccess.com
monica@positivefocussuccess.com **303.898.8706**