



'Escape' Stress This Holiday Season

Here come the holidays, but don't let the stress of the season bring you down. Holiday shopping tends to accelerate everyone's stress levels but the new Ford Escape and award-winning stress relief expert Susie Mantell of www.Relaxintuit.com present simple seasonal soothers to pave the road and "Escape" to happier holidays – before you even leave the driveway! To find out more on how to "Escape" the holiday stress with Ford, follow us at: <http://on.fb.me/handsfreeholiday>.

HOLIDAY CHECKLIST

		1. Make a Preseason Plan. Create a November–December time line to avoid last-minute pressure. (Hint: Save a copy for next year.) Map out holiday shopping itineraries to minimize trips and maximize success – especially on "Black Friday." Did you know your smartphone or Bluetooth® device can help plan your route, and even locate your favorite stores?
		2. Enjoy Happier, Healthier Holidays. During the holiday season it's especially important to get enough sleep, exercise and to drive extra carefully. Stay hydrated, moderate sugar, caffeine and alcohol consumption. Park a block away on purpose, then, when you splurge on a favorite holiday treat, enjoy every bite. Smile! Smiling sends a message of well-being to the brain and boosts the feel-good factor. Think of laughter as an essential daily nutrient.
		3. Hands-Free Help. So, you've braved the traffic, endured the crowds, and your arms are laden with wonderful gifts. But, how to open the trunk? This is the moment the Ford Escape hands-free liftgate was made for. With your keys in your pocket or purse, just run your foot beneath the sensor and it opens the tailgate! Now that's one smart SUV. Reminder: Clear trunk space before you shop so there's plenty of room for packages.
		4. Set a Speed Limit on Spending. Minimize December debt and make holidays even more special with DIY surprises, to balance larger ticket items. Create a coupon book of thoughtful presents like, One "Do Not Disturb" Day, Five Foot Rubs, Six Carpool Trips or All-Weekend Remote Control. (Alternate route? Use cash only.)
		5. Swap Friendly Favors. Reduce holiday hassles by sharing tasks with friends. Coordinate mall trips and pick up what each other needs from stores you're going to. Cook two pots of chili while a neighbor bakes two lasagnas, and swap. Wrap the same day you shop to avoid the dreaded midnight wrap-a-thon. Make wrapping dates with friends, or shop at stores that wrap for you!
		6. Park Your Worries. Okay. You've circled the block six times and you finally find the only spot for miles, but it's really tight. (So are your shoulder muscles. Inhale slowly, releasing tension as you exhale.) If your car has Active Park Assist, sensors can help locate a spot, and even assist in parallel parking!
		7. "Stream" Stress Relief. Are the holiday tunes on every station beginning to "jingle" your nerves? Stream your personalized Pandora radio selections instead, or try comedy channels to help you relax.
		8. Soothe Your Senses. Choose comfy clothes for shopping expeditions, with shoes that can go the distance. What colors make you happy? Try bright, cheery scarves or soft earth tones. Take breaks to enjoy a soothing cup of tea. If you like calming fragrances like lavender and vanilla, or perky peppermint, visit a shop that offers those.
		9. Recharge Your Battery. Amid the holiday bustle, make time to relax and replenish. Simplify. How can you eliminate just one task? Enjoy a leisurely stroll. Read a magazine. Schedule a massage. Soak in a "non-working" bath. When's the last time you laughed out loud? Danced? Thank six people every day. Standing in line at the checkout counter? Compliment someone. You'll lift your spirits, and theirs!
		10. Celebrate! You've gotten it all done and at last, that delicious sigh of relief as the final ribbon is curled. Now kick back and savor the joy of the season. Take time to relax, and do things you love. Celebrate the holidays, and the people you cherish – the very best gifts of all!



The all-new Escape might be the most helpful vehicle ever produced by Ford. Using the most hands-free technology ever offered in a Ford, the new Escape helps you load or unload gear through the rear hatch without fumbling for a key, stay connected, parallel park and avoid a collision in a parking lot.



Stress Relief Expert Susie Mantell....

is the bestselling author of the award-winning relaxation CD, "Your Present: A Half-Hour of Peace" ("Best Audios Award" – Publishers Weekly). Listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, and men and women everywhere who really need a good night's sleep. Mantell customizes stress reduction seminars for Fortune 100 companies, renowned hospitals, world-class spas, and provides free stress tips to soothe symptoms associated with anxiety, insomnia, depression and pain at www.Relaxintuit.com.