



"The Getaway Girl"

FOR IMMEDIATE RELEASE

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Happy Holidays or Horrible Hell-idays?

ORLANDO, Fla. - The holidays are a particularly stressful time for people, especially women. Women are charged with shopping, Christmas parties, keeping up with the kids, juggling holiday schedules, dealing with traffic and crowds, cooking, entertaining, hosting relatives/visitors, and a myriad of other details to assure the "forced family fun" that the holidays bring comes off without a hitch.

With all of these responsibilities, it is important for women to remember to take care of themselves in order to avoid fatigue and burn out and, most importantly, so they too enjoy the holidays. With that in mind, the *Girls Getaway Guide* has compiled the following list of ways in which women can take care of themselves during this stressful time of year.

Pamper Yourself - While your focus is often on others, be sure to take time out for yourself. Get a massage, a manicure, get your hair done, etc. Spa time, even if brief, is a great way to re-charge your holiday batteries and ensure some "me time."

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Escape Reality – Find a nice, quiet place to escape reality. Curl up with a book or magazine, take a bubble bath or just drink some herbal tea. This will help you divert your mind from the holiday madness and focus on something else for a while.

Schedule a Girlfriends Date – One of the best ways to release stress is to talk about it, and no one can relate better to holiday stress than your girlfriends. Schedule a “date” with them. Perhaps you meet for lunch or dinner, but make sure you set time aside to commiserate with those who understand you the best. Laughter will do wonders!

Exercise – It is important to remain physically active. Exercise will release endorphins into your body and help prevent emotional overload. Working out can include aerobic activity and your usual exercise routine, but it can also include relaxing workouts such as yoga and pilates. Whatever you do, stay active and avoid falling into the sedentary lifestyle that the holidays often drag us into.

Be Organized and Delegate – Women often feel as though they have to do everything for everyone, especially around the holidays. You don't. In fact, it is helpful to delegate tasks to others. It makes them feel helpful and a part of the holiday festivities. In order to delegate, one must be organized to evaluate what must be done. Coordinate a schedule, have a calendar and delegate tasks. This will reduce your stress and get others involved.

In today's fast-paced world, spending quality time with friends is more important than ever. And taking a trip with those friends can be a great way to bond and have fun. Casey Wohl has always been a travel lover, but it wasn't until she was going through personal challenges that she realized the true value of a getaway weekend with her girlfriends.

Although she searched for city-specific travel books geared toward women, she was unable to find any. Thus was born the idea for Wohl's unique new guide, *Girls Getaway Guide to Orlando: Leave Your Baggage at Home*. The book is geared toward women of all ages who want to

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get away with their girlfriends, as well as business travelers and convention goers who want to visit Orlando's best while they are in town. Female residents new to Orlando will also benefit.

The Girls Getaway Guide to Orlando: Leave Your Baggage at Home is pleased to announce The Getaway Girl's "12 Days 'til Christmas" holiday promotion. In an effort to help all girls beat the holiday madness, the *Girls Getaway Guide* will host a countdown to the big day.

Women everywhere can visit the *Girls Getaway Guide* online at www.GirlsGetawayGuide.net to sign up for fabulous giveaways, which are sure to provide welcome holiday cheer during this stressful time of year. The promotion will begin on Dec. 6 and run through Dec. 21. On each of the 12 business days leading up to Christmas, a terrific *Girls Getaway Guide* prize will be awarded to a lucky winner.

Girls Getaway Guide to Orlando is the first in a series of women-specific guides by Wohl, and it can be purchased at www.GirlsGetawayGuide.net, in select gift and bookstores or on Amazon.com.