

# Stay Empowered During the Holidays



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## Let go of "Should"

There is enough pressure and expectation from outside sources during the holidays without your inner voice "shoulding" too! Instead of "I should fold laundry" set small goals instead: "I will fold laundry for 20 minutes".

## Focus on your Choices

Holidays are filled wonderful tradition, and with family obligation. Even if you find yourself in a situation you don't like, or dealing with behavior or people that are negative, you can always choose your reaction to unpleasant people and situations. Take the moral high road in bad situations if you can.

## Practice Self Care

Stress is and depression are common during the holidays. Take time to slow down for a few minutes and do something nice for yourself. It can be as simple as 20 minutes to read or meditate in the morning. Also, be kind to yourself. Be aware of your internal messaging. Is it critical, or encouraging?

## Foster Understanding

Seek to understand, not be understood. Going into every interaction with the intention of being right will inhibit communication and the ability to reach a compromise or consensus. Even if you ARE right, stil try to understand the other person's perspective. If they feel heard it can mitigate hurt feelings.

## Set Boundaries

It's ok to say "No" during the holidays. It's ok to politely tell someone if they've crossed a line. It's ok to be firm about what you want and expect from friends and family, without bossing people around. Communicating boundaries and expectations in advance is a great way to get on the same page and make sure everyone feels comfortable.