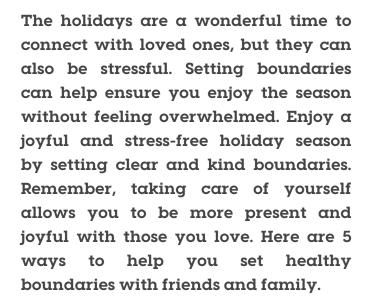


Holiday Boundaries

5 Tips for a Joyful Season



What are boundaries?

Boundaries in relationships refer to the clear and respectful limits individuals set to protect their emotional and physical well-being, ensuring mutual respect and understanding. They help define personal space, expectations, and acceptable behaviors, fostering healthier and more balanced connections.



Communicate Clearly

- **Be honest and direct:** share your plans and limitations with your loved ones in a clear and respectful manner.
- **Set expectations early:** let everyone know in advance what you are comfortable with, including how much time you can spend together.



Prioritize Your Well-being

- **Listen to your needs:** recognize your stress levels and take breaks when necessary.
- **Practice self-care:** schedule time for activities that help you relax and recharge, whether it's a quiet walk, reading, or a favorite hobby.



Set Time Limits

- Manage your schedule: avoid overcommitting by planning your visits and gatherings with realistic time frames
- **Create a balance:** make sure to carve out personal time amidst the celebrations to prevent burnout.



Respectfully Decline Invitations

- **Say no:** politely decline invitations that you feel would be too overwhelming or disruptive to your peace.
- Offer alternatives: if you can't attend a particular event, suggest another way to connect, like a phone call or a smaller meet-up.



Address Conflicts with Compassion

- **Stay calm:** if conflicts arise, approach the situation calmly and with empathy.
- **Use "I" statements:** express your feelings without blame by using statements like, "I feel overwhelmed when..." to foster understanding.



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