



HOW TO SURVIVE THE FAMILY HOLIDAYS



Pick Who You're Going To Say 'YES' To

Since you can't please everybody, be intentional about who is going to get some of your limited time and attention.



Create A Budget And Stick To It

Buy gifts for people based upon YOUR resources and not on their expectations. It's okay to limit activities in order to remain financially responsible.



Don't Try To Do Everything

Don't fill up every minute of the day. Schedule down time. If possible, try not to do big events on the same day that you're traveling.



Keep A Regular Schedule For The Kids

Kids need consistency and predictability to feel safe and be happy. Maintain bed times, naps, and regular feeding schedules.



Communicate Specific Start And Stop Times

Budget your time. Set clear expectations by telling family when you're available and when you need to leave. Avoid the "We'll stay until we feel like leaving."



Schedule The Confrontation

Holidays are not the time to work out long-standing family conflict. If things get triggered, acknowledge the issue and schedule a conversation for a later time.



Prioritize Immediate Family Members

If you have to disappoint someone, make it the people you see the least. And NEVER say something to tear down your spouse or your children.



Find Your Own Space

Stay refreshed by staying in a hotel instead of sleeping on an old couch. This gives you a place to get away and refill your emotional cup.