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Holiday Boundaries

5 Tips for a Joyful Season

The holidays are a wonderful time to connect with loved ones, but they can also be stressful. Setting boundaries can help ensure you enjoy the season without feeling overwhelmed. Enjoy a joyful and stress-free holiday season by setting clear and kind boundaries. Remember, taking care of yourself allows you to be more present and joyful with those you love. Here are 5 ways to help you set healthy boundaries with friends and family.

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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