

A decorative border of green holly leaves with red berries surrounds the text.

Holiday Survival Tips

1. Don't make value judgments; accept yourself and others
2. Accept that everything we do (and say) is a strategy to find relief from discomfort
3. Don't take it personally
4. Drop all expectations except for one: expect others to have expectations
5. Look for what is working or pleasant, especially the small stuff
6. Be kind and patient
7. Be of service
8. Practice self care