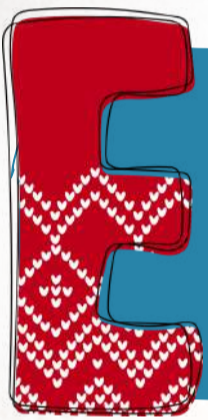


# How to Improve Communication during the holiday period



**Build realistic expectations:** Be realistic about what you expect from yourself and others in a conversation. Unrealistic standards can often lead to frustration and disappointment.



**Empathy when listening:** Try to understand the other person's perspective. Use active listening skills, such as summarising, paraphrasing, and reflecting back what you've heard, to show that you are engaged and understanding.



**Clarify misunderstandings:** If you're unsure about what the other person is saying, ask for clarification. Try to avoid making assumptions, as they can lead to misunderstandings.



**Avoid catastrophising:** Don't jump to conclusions or assume the worst about a situation. Instead, consider alternative explanations and possibilities.



**Learn relaxation techniques:** Use relaxation techniques, such as deep breathing or progressive muscle relaxation to manage anxiety/stress that may arise during communication.



**Mindfulness:** Practice being fully present in the conversation. Avoid distractions and focus on the here and now. Mindfulness can improve your ability to listen and respond appropriately.

