



So it's the holiday season. For some of us, that means a great time. For others, though, it can be, shall we say, less than joyful? I've

got some tips on how to survive - welcome to

**FLOW
LIFE
SKILLZ.**



flow

One of the most important things you can do is pay attention to your body. Feeling overwhelmed with noise, people, all of it? Allow yourself to take a breather.



(BATHROOMS ARE AN IDEAL HIDING LOCATION)

Assert yourself and your needs.
Need a social breather?
Need a snack? Speak up!



Finally, (and some would say this is the most important tip), you gotta know when not to engage.



Now what do I mean by that?
It's when your great Aunt Rosemary starts spouting off some nonsense and it starts to PISS you off.

The real key here is to not take the bait.





You are not necessarily responsible for changing your close minded family's minds. If you feel like engaging in those conversations will be more damaging than helpful, it is okay to let them slide by.

For some of us, the holidays are a time that you just gotta survive. It sucks, but you will be able to put your head down and survive the chaos, I promise!

