## 5 TIPS FOR ENGAGING IN (POTENTIALLY STRESSFUL) HOLIDAY CONVERSATION

- 1. Relax your expectations.
- 2. Release muscle tension and a desire to be right.
- 3. Receive God's grace; receive others with grace.
- 4. Respond with truth, compassion, and humility.

5. Reflect the light of God's love in everything you say and do.

