

Set boundaries to avoid unwelcome conversations

Get-togethers can be challenging situations for many people, especially over the holiday period.

So how do you avoid those unwelcome conversations or prepare for any uncomfortable encounters?

Some strategies to get out of tricky situations include:

- ✳️ **Have a wing person:** if there are topics that are sensitive to you, and you have someone that you feel comfortable sharing them with, write them down and have your trusted person help divert the conversation if it starts to head in that direction.
- ✳️ **Use a code word:** let someone you feel comfortable with know what it means. This can be a way to excuse yourself if you're starting to feel uncomfortable or overwhelmed.
- ✳️ **Redirect the conversation:** have a list of conversation topics and redirect the conversation yourself to a more comfortable topic, if you think things are getting tense.
- ✳️ **Take a breather:** Excuse yourself and go to the bathroom or find somewhere to take a break. Taking a few minutes away to take some deep breaths can be helpful.



Scan the QR code to try this two-minute box breathing exercise.

Box breathing can help you cope with stress, panic, worry and difficult thoughts.