

Title:

22 Ways to get through the family get together and survive!

Word Count:

625

Summary:

Useful tips on ways of getting together with the family and surviving.

Keywords:

family, memory, strategy, positive, humour

Article Body:

I was asked recently ^HELP. My mother is planning a family get together for her birthday. We a

Sound familiar? Yes. We've all been to them and unfortunately many of us will tend to recall t

I have put down some thoughts about how you could make this less tedious for yourself.

1. You could try making the get together brief. Perhaps reminding others in the family that wh

2. Remember, that you can still opt to do what you choose without the support of the rest of y

3. If the children tend to be hyper, there are a number of things you can do.

4. Suggest you have the meal soon after arrival so that the children don't eat too many sugary

5. Could you have the party outside? Less mess

6. Organise things to do such as games.

7. Reduce the availability of alcohol.

8. If things look like getting fraught, consider injecting some humour into the situation.

9. Could you go to a venue outside so that you need not be concerned about cooking clearing up

10. Perhaps if each of you brought a different course, some pressure would be taken from mum.

11. Would it be possible to book in to a hotel for the meal? Maybe smaller tables would mean l

12. Think ahead and be prepared to use some coping strategies.

Would it be possible to take a friend with you? Someone seen as not family may mean that other

13. Visualise yourself coping in the situation.

14. Use breathing exercises to stay calm.

15. Wear comfortable clothes that you feel confident in.

16. Endeavour to ignore the trivialities.

17. Sometimes it can pay to just shut out what is being said.

18. Do not go to these events expecting everything to go well. Accept that there will be some

19. Mentally prepare yourself beforehand by making sure you give yourself some ^. Me time.~

20. Do something which makes you feel good .Go for a massage, a walk or listen to some music
21. If you go to the get together reward yourself afterwards for going.
22. HOLD ON TO GOOD MEMORIES

GOOD LUCK!

This article was submitted by Mary Lennox an experienced counsellor and intuitive life coach.

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