



BlueResourceSM – Stress Relief – Keeping the Holidays Civil

'Tis the Season to Celebrate, Not Debate

Nothing sours holiday cheer faster than hot-button topics. Politics, the economy, social issues — they're just a few subjects that can dial up anxiety. How do you keep things from getting too heated with friends and family?

Find common ground. Focus on things you share, not your differences. A love for travel, a favorite sports team or hobby can be safe choices.

Be open-minded. Try to understand the other person's point of view. You don't have to agree, but be respectful and hear them out.

Watch your tone. Stay calm and use a friendly voice. Loud, angry outbursts in the heat of the moment can damage relationships.

Stay above the fray. Change the subject or politely step away if things get tense. Doing so not only allows you to keep stress at bay, it helps everyone stay relaxed.



Share good cheer during the holidays.

Sources: *Your Essential Guide to Civil Political Conversations This Holiday Season.* Common Ground Committee. 2023.
Navigating Difficult Conversations. Evergreen Psychotherapy Center. 2023.

769309.0525



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association