

## 3 tips to help you successfully navigate this holiday season

**T**he holidays create a great opportunity to spend time with family. If you rolled your eyes or murmured something different after reading that first sentence, then this column is for you.

First, I am not here to try to persuade you to forget that you have been hurt or offended by someone in your family, or to persuade you that you actually love your sister-in-law. To attempt to do that would be insensitive of me and impractical.

Second, I did not write this column because I think I am better than you or because I have never let conflicts ruin my holidays. What I would like to share are three thoughts that may help us get through those holiday conflicts or any other get-together.

» I remember hearing the story of a group of German and American soldiers who spent Christmas Eve together in the home of a German woman. These two forces that had most likely killed each other's friends or family

members put aside their differences and their weapons for one night. I am humbled by that story.



**EDWARD  
CALLIRGOS**  
IN THE FAMILY

» The more you daydream about dramatic soap-opera scenes in your head, the more likely they will happen. This is what we call the self-fulfilling prophecy. Do not let your holiday thoughts be clouded by these dramatic soap-opera scenes.

» Be grateful for what you have and focus on that (stop comparing yourself to others).

Merry Christmas and happy holidays from my family to yours!

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