

Relieve the Pressure Prompts

Week 4 - New Traditions:

Putting Relationships At The Heart Of Christmas

CONVERSATION PROMPTS: DECEMBER 05TH-11TH

By now we may have established that Christmas may look a little different this year. We are communicating effectively in order to manage the expectations of our loved ones around this. This week, let's consider the opportunities which come with change with the below conversation prompts;

1. **What is it we've enjoyed the most about Christmas previously?**
2. **How can we amend/keep these traditions alive as much as possible?**
3. **How can we utilise any extra time together to do the things we've been meaning too? Can this support our relationship with ourselves?**
4. **Where in our routine can we switch 'Paying' to 'Playing?'**
5. **Where can we utilise the protective power of our relationships to support our wider families, communities and social circles?**



TOP TIPS TO RELIEVE THE PRESSURE THIS WEEK

- **Utilise PLAY!** Play helps children develop relationships and enables them to cope with stress, anxiety and challenges. It's also **FREE!**
- Consider who else in your circles you may be able to involve in your new traditions. Could your friends, colleagues or cousins come over with their kids for a Christmas Craft or Baking Activity.
- Speak to your loved ones about your hopes to start new traditions, make alternative plans together or re-assure them that you plan to be a part of their Christmas in one way or another. Relationships are at the heart of maintaining our well-being at winter.

WHAT NEXT?

For a range of tips, tools & videos to support you to 'Relieve the Pressure' on your relationships this winter, visit;

Relateni.org

Our expert relationship counsellors are also on hand to support you this winter. To discuss your options, call us on;

02890 323454

**we
can
Relate**