

# FIVE STEPS TO Christmas Sanity

1



## Reactivity is contagious. Noticing and curiosity are antidotes.

- ✦ Just because someone is spreading it doesn't mean you have to catch it.
- ✦ If someone is in conflict or ranting, first notice yourself and manage yourself.

REFLECTION: What is the story I want to tell after this holiday season?

2

## Prepare your emotional well-being as you prepare the gifts and the meal.

- ✦ You are not responsible for people's enjoyment or others getting along.
- ✦ We get reactive when we carry more than God has asked us to carry.



REFLECTION: What is mine to carry, what is theirs, and what is God's?

3

## Notice your false need and give it to God.

### THE BIG 5 FALSE NEEDS:

1. Control
2. Perfection
3. Having the answer
4. Being there for others
5. Approval



Jesus died so I don't have to \_\_\_\_\_ anymore.

REFLECTION: What do I think I need that I don't really need?

4

## Make room for sadness and grief.



- ✦ This season heightens all emotions. People appreciate the room to be sad and to miss loved ones.

REFLECTION: Who might appreciate a call or an invitation?  
What can I share about their loved one?

5

## God is already in the room.

Reactivity makes us forget the Lord. Remember the reason for the season. God is already ahead of you. As you engage with difficult people or carry stress about the day, relax into God's presence and goodness. You might light a candle to "remember the Lord."



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