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Merry Christmas!

The Law Office of Brigid Duffield P.C. sends you, your family members and friends our very best wishes for a wonderful holiday season filled with Peace, Joy, and Happiness!

Last Minute Tips to Keep the Peace and Joy this Holiday Season

1 .Bring a gift ... your compassion, humor, and graciousness. Remember that everyone feels stress around the holidays and emotions run high. Try to look the other way when you hear a negative comment or better, give someone the benefit of the doubt...Hope they do the same for you. It's the gift that keeps on giving!

2. Arrive at those functions you choose in a festive mood. Bring joy

and peace to the event. Projecting your good mood onto others will hold holiday funk at bay.

3. *Schedule and plan your holiday parties* and the activities you enjoy in a time frame that is workable for you...one hour may be wonderful, three may be not so great!

4. *Excuse yourself.* If you find yourself biting your tongue or thinking of snappy comebacks, it's time for a walk! People frequently stay too long in a conversation where conflict is likely to occur. Walk away, leave, go for a walk.. or start thinking of what you will say if you have to make an apology.

5. *Avoid the C's: Criticism, Complaints, Condemnation and Crisis.* Don't fight every fight. You won't win every argument. Remember the other *C's* - *Christmas* - is the time to keep things *Cheerful, Cordial, and Calm!*

Best wishes from all of us to all of you!



Warmest Regards & Happy Holidays,

Brigid Duffield

This email is general information only and should not be constructed to be formal legal advice or the formation of an attorney/client relationship.

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