

4. Listening

Let's not be the candle blower (outer) this festive season.

Family dynamics can challenge us, social occasions can threaten us, and our boundaries can be breached. Breathe deeply three times before responding. Taking deep breaths and listening to understand as opposed to reacting makes all the difference to our responses, our relationships and our mental health and wellbeing.



It's ok not to feel ok; and it's absolutely ok to ask for help.

**I Am
Here**