

# Live Well Lifestyle Webinar Recap & Recording

December 10, 2015 - [Click Here for the Recording](#) (requires *Windows Media Player*) or [download mp3](#)



## Topic: Holiday Family Challenges

Let's be honest. When large family gatherings come together there are always a few family members whose personalities and attitudes are challenging. The whining negative naysayers, the steal the spotlight storytellers, alcohol lovers who over imbibe and become unpleasant to be around and the professional agitators who like to stir things up.

If only we could hand pick the relatives we wanted to be with. Alas that never happens. So how do we deal with these personality types. How do you shift them?

First have a positive intention for the outcome you want. Example: "The more the merrier. This is my best Christmas ever, bar none." The best thing is to accept them as they are and have fun with them. You are not going to change them, so save yourself the struggle of trying. Meet them where they are with laughter and say, "Oh Uncle Charlie, I see you are still practicing for the roll of the Grumpy Grinch. You are

so cute when you get on your soap box. And I love you." Give him a kiss on the cheek and walk away. Sometimes they haven't a clue what they sound like.

The great aunt with alzheimer's. Just play along with her. If she says, "Do I know you?" just answer with, "Well if we don't know each other now is a good time to start, I am \_\_\_\_\_." Whatever time period she goes to meet her there and improv play along with imagination and create your own story. You might have fun.

Complaining cousin Betty with six small kids. You would probably get caught up in the world of complaining, too. First acknowledge her. "Hi Betty, I just want to say how amazing you are to manage a large household. Trust me they will grow up and looking back you will laugh at what you want to cry about now. Hang in there girl. Can I get you a glass of wine?" Pour compliments on her, she needs them.

The professional agitators may need a not so subtle suggestion when the right vs. wrong arguments of politics and more get full blown. It is okay to interrupt them. "Okay people, can we agree to disagree for the holidays and find a more pleasant topic?" Or, "If you are going to turn a discussion into a roasting I suggest to take it outside. Hey, It's Christmas, spend the same energy on spreading love and good cheer." Sometimes you have to take the bull by the horns.

You be the example of love and good cheer. I hope all of you got to watch Bindi Irwin on Dancing with the Stars. She never met a challenge or a person she didn't only like but LOVE full out! When she walked into a room it was like electricity was turned on. Always smiling, cheering someone on and never complaining even with blisters on her feet and her toenails coming off. When she struggled with a step sequence, her choice was to laugh at it. She didn't get mad at herself and pout and sulk. She jumped up and tried it again. She was totally fearless. She never doubted her abilities. She looked at life as fun. My wish for you this season is more Bindi, more Love and more Laughter. Lead the Joy Parade. Show them how to do it. ;-)

**Can Do Card:** I cannot change another person. I let others be who they are and I simply love who I am. I get the help I need when I need it, from various sources. My support system is strong and loving. *Louise Hay*

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