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Merry Christmas!

The Law Office of Brigid Duffield P.C. sends 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. Avoid the 3C'S: Criticism, Complaints, and Condemnation.*** Don't fight every fight. You won't win every argument.
- 2. Excuse yourself.*** If you find yourself biting your tongue... people frequently stay too long in a place where conflict is likely to occur.

Walk away, leave, go for a walk.

3. *Schedule and plan your holiday parties* and activities you enjoy in a time frame that is workable for you.

4. *Bring 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 give someone the benefit of the doubt... Hope they do the same for you.

5. *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.



Warmest Regards & Happy Holidays,

Brigid Duffield

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

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