

HOLIDAY CONVERSATION TOOLKIT

Things to keep in mind while engaging in hard conversations over the holidays

THINGS TO KEEP IN MIND

Be prepared to listen, especially when you don't agree. Ask questions; it is important to be able to hear the perspectives of others in order to better understand where both people are coming from.

Online only goes so far. Once things get tense, take the conversation off of Facebook, email, or text message. Meet in person or have a phone call.

Understand that you can't necessarily change someone's world view if they aren't open to having it changed. Sometimes the best you can do is know when to agree to disagree.

HOW TO BRING IT UP

We know these spaces can be the spots where we have the most influence. Bringing up the topic can be scary, but using I statements takes pressure off others who might be involved in the conversation. Here are some ways to get the conversation started:

When someone asks about how you are doing, say, "I am feeling really [sad/scared/upset]."

"I feel nervous to bring this up, but I think we really need to have a conversation about what's happening nationally."

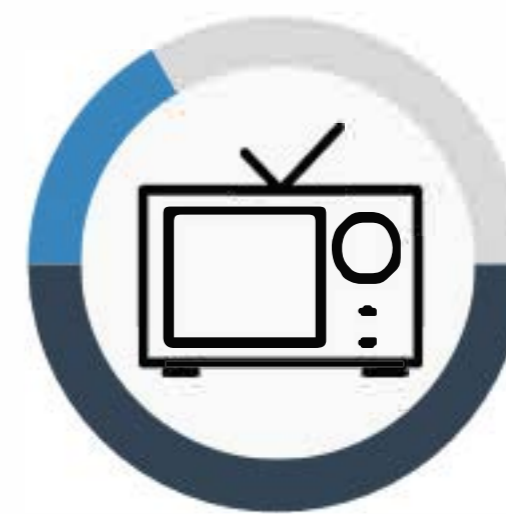
ACTION: SELF CARE



Emotions are high from all perspectives. Check in with yourself to fully process your emotions, and remember the high pressure environment we are working in.



Knowing your boundaries is important in taking care of yourself. Recognize the people and conversations that make you feel too emotional or unsafe and refrain from them.



Self-care doesn't always look like what we think it does and you can't always plan for it. However, becoming a blanket burrito and watching your favorite movie can be just the thing you need to take a break from the stress.

If you need to take care of yourself by getting help,

- Schedule an appointment with CCA Counseling Service at
 - <http://portal.cca.edu/thriving/counseling>
- Calling CCA mental health crisis hotline: 510.594.5099.