

## Tips for a Peaceful Thanksgiving

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Thanksgiving is just around the corner, can you believe it? It seems like Independence Day was just yesterday, but here we are in full holiday-prep mode. Whether you're sending invites, making shopping lists, or starting fall housework, we're all getting ready for the big day. For some, Thanksgiving is a joyous occasion filled with happy memories of family traditions, great food, stretchy pants, and football. For others, it can be a stressful time filled with anxiety about family feuds and uncomfortable conversations.

If you're one of those who get anxious, don't worry - I've got you covered. I found some great tips from my favorite Extension Specialist, Dr. Dave Schram, on how to have a peaceful family Thanksgiving. His advice is simple and effective, so take note:

### Don'ts:

- Avoid talking about politics or any "hot topics"
- Don't be sarcastic, critical, or give subtle jabs during conversations
- Don't try to solve each other's problems
- Don't take everything personally

### Do's:

- Take charge of seating arrangements and separate conflicting personalities
- Remind yourself why you're doing it – because you love your family, right?
- Ask others about their lives, and avoid talking about yourself all the time
- Give kids responsibilities and let them help out

Remember, Thanksgiving is a time to give thanks, be with loved ones, and create new memories. While it can be stressful, it's important to keep things in perspective. Dr. Schram's advice reminds us to focus on the positive aspects of the holiday and avoid topics that can lead to uncomfortable conversations. So, let's take a moment to remind ourselves why we celebrate Thanksgiving and cherish the time we have with family and friends. Happy Thanksgiving!

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