

## **Peace of Mind in Challenging Times: Relate and respect**

One day, Grandpa Chan is watching TV with his grandson, Alex

It's broadcasting a demonstration

What a nuisance

There is never a peaceful day

What do you know, grandpa!

You're just a kid. What do you know!

And so they begin yelling and shouting at each other

with some rather nasty name-calling too

### **Expert Advice**

We all grew up with different backgrounds and experiences

and that's why we all have different points of view

We should show respect for others during conversations

If we solely focus on winning the battle

we may easily feel irritated

escalate the anger

and even say something offensive to our family

leaving everyone feeling hurt

### **Tips**

#### Keep calm

During a family conversation

if we find ourselves getting irritated

we should take a pause

to avoid turning the conversation into a big fight

Change the subject

Or, leave the scene temporarily to ease the tension

### Be respectful

Mutual understanding is key to effective communication

Try to listen patiently and put ourselves in others' shoes

in order to understand their perspectives

Then, express our opinions and needs

and try to reach a consensus

We should still show respect for others' views

even if we fail to do so

Families are forever

### Choose topics

In the meantime

we should avoid certain topics

that are bound to create disputes

For instance, we can avoid watching the news report together

Aside from controversial topics

there are so many other things to share with our families

like sports, travelling or other hobbies

### Express your feelings

If there is an urge to express our feelings

find a friend or family member who shares similar views

That should prevent unnecessary conflict

Let's look back

While Grandpa Chan and Alex are arguing

What on earth are you two shouting about?

Stop arguing!

At this moment

Grandpa Chan gets a glimpse of the family photo next to the sofa

Alex has his own ideas

To think back, I probably felt the same way during my teen years

It's really not worth it to win the battle but lose the war

With that in mind

Grandpa Chan says to Alex

The football finals is held tonight, isn't it?

Let's watch together!

## **Reminders**

When disagreements arise among family members, we should:

Calm ourselves down

Respect that family members have their own opinions

Talk more about common interests

and avoid controversial topics

Or chat with our friends