



# 7 WAYS TO HANDLE A TOXIC FAMILY




Know how different interactions affect you. Stay away or limit the ones that do not make you feel good.




Set clear boundaries about the kind of behavior you expect from your family and be firm about it.



Seek professional help if you feel the toxicity in your family affects your well-being.



Control your negative thoughts with positive affirmations and motivational self-talk. Do not let your family control your reactions.



Explore healthy coping strategies such as meditation, yoga, and gratitude. Stay away from habits that could affect you negatively.



Be clear about personal details to share with your family because they might not understand your perspective on every topic and emerge with opposing opinions.



Talk to a friend or a family member you trust. They may have better coping mechanisms.

## REFERENCES:

- 1) How to deal with a toxic person in your life; Edward-Elmhurst Health Org
- 2) How To Deal With Toxic Family Members; First Things First



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