

My Holiday Coping Plan



Action Tips

Fill in the blanks

1 Let go of unrealistic expectations

One thing I'd like to have happen this holiday season that probably WON'T is _____
I will make peace with this by _____

2 Acknowledge and express feelings honestly

One thing I'm feeling today as the holidays are approaching is _____
One person I can share these feelings with is _____

3 Try not to isolate

One friend or group I could get together with is _____
One person I will call each day is _____

4 Find a way to make some positive meaning for yourself during the holidays

One "tradition" I may need to give up OR one new tradition that creates a positive meaning is _____

5 Reduce the amount of time spent with difficult family members

One positive family member or friend I will spend time with is: _____

6 Eliminate stressful or unnecessary activities and chores

One stressful activity I can abandon is _____
One "quiet time" activity I can enjoy is _____

7 Nurture yourself

One special thing I will do for myself is _____

8 Allow yourself to grieve, meet your feelings with compassion

One activity I will do to help me deal with loneliness or loss is _____
I will reach out to _____ if I feel overwhelmed.

9 Practice mindful eating, drinking and spending

I will spend no more than \$ _____ per person on gifts.
One way I will take care of my body each day is to _____

10 Get Support When You Need it

One thing that I might struggle with this holiday season is _____
My strategy is _____