

SUPPORTING YOURSELF THIS HOLIDAY SEASON

PLAN AHEAD

- ♡ Planning can decrease your anxiety over the holiday season.
- ♡ Decide what you can handle comfortably.
- ♡ Let your needs be known to your family, friends and relatives.

TO CONSIDER

- ♡ Whether you can comfortably handle the responsibility of the family dinner, holiday parties, etc., or if you wish someone else to take over some of these traditional tasks.
- ♡ Whether or not to talk about your loved one.
- ♡ Don't be afraid to make changes.

IDEAS...

- ♡ Open presents at a different time than you used to with your loved one. Perhaps open them Christmas Eve if you used to open them Christmas Day.
- ♡ Have dinner at a different time.
- ♡ Attend a different church for your Christmas Eve service.
- ♡ Let the children take over decorating the tree, making cookies, etc., if this is something that will be uncomfortable for you.

START NEW TRADITIONS!