

# COPING DURING THE HOLIDAYS

WHAT ARE SOME OF THE EMOTIONS I AM CURRENTLY FEELING?

WHAT MAKES THIS TIME OF YEAR SO HARD FOR ME?

## MY SUPPORT SYSTEM

Who is/are the person/people I know I can go to that will support me and not make me feel judged?

## MOOD BOOSTERS

What are 3 things that I can do/watch/read/listen to that can help boost my mood?

## SOME AFFIRMATIONS

- Feeling upset, anxious, or depressed does NOT make me weak. There is a reason I feel the way I do.
- While I can't control how I feel, I can decide if I will seek support. That part is up to me.
- There is no "right" way to be during the holidays.
- I can both be distressed AND use my coping skills by seeking support.

## WAYS TO SET BOUNDARIES

Some ways to set boundaries for myself:

- Turn off phone at a certain hour each night
- Tell people when I need to just vent vs. when I need solutions
- Look for opportunities to tell people my truth
- Choose not to fake happiness
- Limit social media use or turn off comments on my posts