

Hope for Mental Health

Wellness Tool How to Create a Holiday Plan

Stressors

List people, places, or circumstances that can be challenging or cause discomfort.

- _____
- _____
- _____

What are your options? What are some boundaries you can put in place?

- _____
- _____
- _____

Safe People

Name people you can talk to in a crisis.

- _____
- _____
- _____

What places can you go to for more support? (Celebrate Recovery, AA, therapy)

- _____
- _____
- _____

Self-Care

What causes burn-out during the holidays?

- _____
- _____
- _____

List things that rejuvenate you.

- _____
- _____
- _____

Hope for Mental Health

Serve

What are ways you can give back to others this holiday season?

- _____
- _____
- _____

Something to Look Forward To

What are some experiences, people, or activities you are looking forward to this holiday season?

- _____
- _____
- _____