



# Holiday Plan 2020

The holiday season is approaching! For many, it is the best time of the year. For others, the holidays create some uncomfortable and stressful moments.

This year has been unusually challenging—between the impact of COVID-19, racial injustice and a tumultuous election season, many find themselves weary, emotionally drained and managing a higher than usual amount of stress. When we add in the “normal” stresses of everyday life PLUS the holiday season, it’s no wonder we all could use a little extra support! All of these factors are making the holidays look different this year—and this might bring pain, grief and loneliness as you think about spending the holidays physically distanced from those you love and without the comfort of familiar traditions.

Please take a few moments to create a plan to take care of yourself in the midst of the difficulties of this holiday season.

May you experience the Lord’s love for you and His nearness.



## Grief

What are you grieving this holiday season?

*(Examples: traveling, favorite traditions, tree lightings, Christmas Eve services, a loved one who has passed away, gathering with loved ones, etc.)*

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## Stressors

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

*(Examples: finances, conversations with loved ones, different opinions on how to respond to COVID-19, different views on politics, pain surrounding racial injustice, relational dynamics, returning to places that bring up painful emotion from the past, etc.)*

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

*(Examples: create a budget, make homemade gifts, communicate clear boundaries in advance, share what you are comfortable with and not comfortable with related to COVID-19—wearing masks, meeting indoors/outdoors, limited amount of people, etc.)*

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## Safe People

List people you can talk to in a crisis:

*(Examples: a trusted friend, mentor, pastor, small group member, sponsor, family member, therapist, etc.)*

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Where can you access additional support?

*(Examples: Celebrate Recovery®, counseling, online support groups, church, small group, etc.)*

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## Self-Care

List things that rejuvenate you:

*(Examples: be out in nature, spend time with safe people, create something, eat a good meal, take a walk, journal, listen to music, take time to do an Advent Retreat\* etc.)*

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## Serve

How can you give back to others?

*(Examples: Write letters of encouragement, volunteer at a grocery distribution\*\*, join the care caller team\*\*, serve at the “Light of the World” Christmas Lights event at Saddleback Church\*\*, take a meal to someone, etc.)*

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## Something to look forward to

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

*(Examples: Spend time with loved ones, connect with extended family and friends via Zoom, create new traditions, enjoy a slower pace, make a favorite holiday meal, etc.)*

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## Need Support?

Saddleback Church is here to support you—please visit [saddlebackchurch.com/coronaresponse](https://saddlebackchurch.com/coronaresponse) to share your specific needs, or call 949-609-8211 to talk with someone today.

If you find your level of distress is increasing, please reach out to the National Suicide Prevention Lifeline. The Lifeline is available 24/7 at **1-800-273-TALK (8255)** or text HOME to 741741.

### \*Advent Guide

The Saddleback Retreat Ministry has written a beautiful retreat guide for Christmas titled, “Advent: Unto us a Son is Given.” The Advent retreat guides you through scripture passages, thoughtful questions and prayer prompts. This is a wonderful time of the year to open your heart to the Lord and to be reminded of His love for you. Download the Advent Guide at: <https://bit.ly/3poOvFb>.

### \*\*Volunteer Opportunities

If you are looking for a way to serve this holiday season:

*Card Writers, Care Callers, Grocery Distribution:*  
<https://saddleback.com/coronaresponse>

*“Light of the World” Christmas Lights at Saddleback:*  
<https://quiz.tryinteract.com/#/5f7cef874122a60014808aa8>