

# Holiday Plan

How to care for yourself this holiday season





# Holiday Plan

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. We often find ourselves 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.

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: loss of a loved one, unable to travel to visit loved ones, change in health or finances, loss of a pet, etc.)*

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- \_\_\_\_\_
- \_\_\_\_\_

# Stressors

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

*(Examples: finances, conversations with loved ones, relational dynamics, returning to places that bring up painful emotions 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, 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 Devotional, etc.)*

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# Serve

How can you give back to others?

*(Examples: write letters of encouragement, serve at a Christmas Service, 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, create new traditions, enjoy a slower pace, make a favorite holiday meal, etc.)*

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# Need Support?

If you find your level of distress is increasing, please reach out to the National Suicide and Crisis Lifeline. The Lifeline is available 24/7 by calling **988** or text **“HOME” to 988**.

# Advent Devotional

## **Book:**

In all the holiday hustle and bustle, we often lose sight of what's most important. This book of daily readings for the month of December, by best-selling author Paul David Tripp, will help you slow down, prepare your heart, and focus on what matters most: adoring our Savior, Jesus. To order *Come, Let Us Adore Him: A Daily Advent Devotional* by Paul David Tripp, please [click here](#).

## **Downloadable PDF:**

Feeling weary or worn out this year? Even though Advent is a time of joy, it can be hard to experience that “thrill of hope” we sing about. It's okay to enter this season feeling weary. Download *The Weary World Rejoices*, a free Advent devotional, and discover what the Nativity can teach us. [Click here](#) to get your copy.