

# Hope for Mental Health Community

## Holiday Plan

November 25, 2018

### 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.*

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

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## 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?*

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