



# Surviving the Holidays 2022

## PROS toolkit



The holidays are among us. For many folks, the holidays can be a special and magical time to celebrate with family and friends. However, for some of us, the holidays can also bring about great stress or anxiety. If you find yourself in the latter category, fear not! Here is a holiday gift: a holiday survival guide:

### Managing Stress during the holidays:

### Coping with the holidays:

- **Doing Too Much.**

-All things in moderation, as the saying goes. Too much stress has a negative impact on our health, both mental and physical. Too many activities, even if they are fun activities, can accumulate into too much holiday stress and leave us feeling frazzled, rather than fulfilled.

- **Set Your Priorities.**

-Before you get overwhelmed by too many activities, it's important to decide what traditions offers you the most positivity.

- **Breathe.**

-Take ten minutes by yourself to do a breathing meditation.

- **Identify Coping Skills.**

-Prior to the holiday season beginning, consider creating a list of go-to coping skills to use whether you are at home or at a social function.

- **Create New Traditions.**

- **Ask For Help When Struggling to Cope.**

-It's completely normal and can be helpful to seek services from a therapist or psychologist.

- **Set Boundaries with Holiday Events.**

-While there may be pressure to attend a holiday party, family gathering, holiday show—remember to check in with your wants and needs to identify your readiness..

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### Maintaining a positive mindset during the holidays:

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### Staying Healthy during the holidays:

- **Stay in balance.**

-Make sure you include enjoyable activities in each day, not just your holiday obligations.

- **Make sure it's your agenda.**

- **Mindfulness and adjusting your perspective.**

-Mindfulness is about being in the moment in a place of acceptance. Be mindful of what you are paying attention to and realize that you have a choice.

- **Be good to yourself.**

-Set an intention to be loving and accepting of the most important person in your life: You!

- **It's all about moderation.**

-Moderation will be your saving grace during the holiday season. There's nothing wrong with enjoying an indulgent, festive dinner, but you'll want to make sure that your meals surrounding it are healthy and nutrient-dense.

- **Choosing homemade foods over processed foods.**

-Homemade everything can be difficult when you have a lot going on, but it can also ensure that you're eating much healthier.

- **Try to stick to your typical sleep schedule.**

-Sticking to your sleep schedule will improve your quality of sleep both now and after the holidays.







### Coping with loneliness during the holiday season:

- **Be Good to Yourself**

-While it may not completely erase feelings of loneliness, taking special care of yourself can help you to feel better and enjoy your solitude more.

- **Give to Others**

-One particularly meaningful way to feel less lonely during the holidays is to donate your time to a cause you believe in.

- **Look for volunteer opportunities**

-There are plenty of ways to help others, and opportunities only increase during the holiday season. Volunteering allows you to make a positive difference while socializing without all the pressure.

- **Cultivate Gratitude**

-There are many benefits to practicing gratitude. One easy antidote to feelings of what you *don't* have is to cultivate feelings of gratitude for what you *do* have; it's hard to focus on both at once.



### Staying Sober during the holidays:

- **Make sobriety your top priority**

-If you don't think an activity is going to be good for your recovery, it's okay not to go.

- **Maintain Your Recovery Routine**

-Be sure to stay on your schedule as best you can. The holidays can throw schedules into chaos, so be mindful about your self-care routine

- **Pass on Triggering Events**

- **Contact your professional recovery support team for additional supports/assistance this holiday season.**



### Extra Resources:

- Suicide and Crisis Lifeline. Hours: Available 24 hours. Languages: English, Spanish. **Dial 988 for help.**
- Relapse Prevention Hotline: **Dial 866-210-1303 for help.**
- **Contact any of the members your professional support team for additional help throughout this holiday season.**





**After reading through the holiday toolkit above, please feel free to create your own holiday toolkit, based on your holiday survival needs in the space provided below:**

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