

HOLIDAY COPING PLAN

Welcome to the holiday coping plan! I decided to create this after a few holidays in recovery and seeing what has (and hasn't!) helped me. Start with the check-in, then complete the thinking ahead box. After that, you're free to follow the flow or jump around. Happy Holidays!

Check-in: How are you currently feeling about the holiday(s)?

Write down at least five coping skills. What are some signs that you need to utilize them?

Thinking ahead: What challenges can you foresee? (Triggers, food guilt, relationships, lack of routine, etc.)

What are some self-care activities you can do before, during, and after the holiday(s)?

Something you're excited for during the holiday(s)...