NAVIGATING THE HOLIDAYS

WORKSHEET

Navigating the holiday season can be challenging for some victim-survivors. This time of year can bring up a lot of sadness, grief, and stress that can make
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REMINDERS

- You are valid in saying, “No” to attending family/holiday gatherings. You don’t owe an explanation if you don’t wish to give one.
- You are valid in saying, you have other plans. It doesn’t matter if it’s true or not, you are allowed to make other plans.
- Your physical responses and feeling unwell is valid. Our bodies react to the stress that we are feeling and it is perfectly okay to allow your body to rest.
- You are valid in leaving early. For however long you stayed that is enough.
- You are valid in requesting to meet with family members separately. You’re allowed to choose which family members you want to spend time with.
- You are valid in enforcing social distancing or requesting to meet virtually.Yoybe 1.eenvm (or.1 (onmenallo)6 (w y)6