

## *Things I Know Will Help Me When I'm Down*

I can contact one or more of my support persons, who are:

I will try to reduce some of my holiday stress by:

I will make conscious decisions to take care of my own needs by:

I will treat myself to some pleasures by:

*Places I might go to make me feel:*

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

*Activities that might make me feel:*

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

*Music that might make me feel:*

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

*Readings that might make me feel:*

Calm and relaxed:

Comforted and secure:

Excited or invigorated:

Something new I want to try is:

*I will try to give myself some peace and joy*