

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:

*Place I might go to make me feel
Calm and relaxed*

Comforted and secure

Respected or recognized

*Activities that might make me feel
Calm and relaxed*

Comforted and secure

Respected or recognized

*Music that might make me feel
Calm and relaxed*

Comforted and secure

Respected or recognized

*Readings that might make me feel
Calm and relaxed*

Comforted and secure

Respected or recognized

Something new I want to try is

I will try to give myself some peace and joy