



HOLIDAY SURVIVAL GUIDE



1. Set boundaries ahead of time

- prioritize events you'd like to attend
- don't be afraid to decline an invitation in order to prioritize rest or "down time"
- create margin in your day to be present and enjoy the season



2. Make expectations known and clear

- communicate first with your partner and nuclear family any expectations of events or time together
- if you set a departure time from an event, make sure everyone is on the same page going in to the event
- have an exit strategy



3. Set aside time to recover

- holiday seasons are stressful in many ways: relationally, financially, sensory... make sure you have a plan to attend to your mental and physical health during the holiday season



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