Healing Through The Holidays



"What we don't need in the midst of struggle is shame for being human."

— Brené Brown

HEALING JUSTICE

Holidays can be hard.

It's okay to not feel
"merry and bright".

You are not alone, be kind to yourself.

"Neuroscience research shows that the only way we can change the way we feel is by becoming aware of our inner experience and learning to befriend what is going inside ourselves."

— Bessel A. van der Kolk

Give yourself permission to:

Say no		
Change your plans		
Leave early		
Create a new tradition		
Feel happy		
Feel angry		
Feel nothing at all		
Talk about it		
Not talk about it		
Ask for help		
Take up space		
Rest		
Protect your peace		

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others."

— Brené Brown

With the Holidays can come talking about the past, triggers/reminders, and difficult conversations. If these occur, it can be helpful to...

- Set realistic expectations, give yourself options and flexibility to stay or leave
- Choose who you want to be near and avoid known triggers

Build a Grounding Routine:

- Box Breathing
- 5-4-3-2-1 technique
- Move your body

Bring Grounding Items:

- Fidget items
- Calming scent
- Something soft

Develop an Exit Plan:

- Driving separately
- Having a friend text you to check in
- Stepping outside for air

"Healing happens in circles, not lines. You'll return to old places with new eyes."

Name:	Date:



My Holiday Support Plan



Instructions:

It can be helpful to prepare for this season by thinking through the following questions and creating a plan to keep yourself safe, seen and supported. As you are comfortable, jot down answers on a sheet of paper or print this worksheet and write your answers in the boxes below.

What do I want this Holiday season to feel like? *(Circle or write your own words)*

Peaceful, Restful, Meaningful, Flexible, Safe

What traditions or activities feel supportive for me?

One thing that feels important to me this season:

My boundaries

Topics I do not want to discuss:

-
-
-

Phrases I can use to set boundaries:

- I prefer not to discuss that right now
- My focus today is celebrating ___
- Write your own:

Name: **Date:**



My Holiday Support Plan



My support people

People I can contact if I need support

1. _____ **Phone:**_____
2. _____ **Phone:**_____
3. _____ **Phone:**_____

Things that help me feel grounded

Examples: Taking a walk, deep breathing, exercise or movement

Write your own:

- Other:
- Other:
- Other:

My signs that I need a break:

I may need extra support when I notice...

- *Feeling anxious*
- *Withdrawing or shutting down*
- *Other:*
- *Other:*
- *Other:*

If I need to leave, my exit plan/strategy:

A reminder to myself:

(Complete the statements or write your own)

I give myself permission to:
One strength I carry with me:
Other:

Healing Justice

To learn more about our programs, visit our websites where you can seek more support and resources:

Crime Victims, Survivors & Their Families

Exonerated Individuals & Their Families

Post-Conviction Survivor Resource Center

Contact us at : connect@healingjusticeproject.org

Sources

http://www.publichealth.lacounty.gov/ovp/TIC_learningresources.htm

https://www.focusforwardcc.com/blog/when-traditions-hurt-trauma-sensitive-holiday-planning-for-survivors/

https://www.saltycounseling.com/blogs/coping-with-trauma-triggers-holidays

https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season

https://www.nami.org/blog/how-to-prioritize-self-care-during-the-holidays/
https://www.ptsduk.org/safety-plan-worksheet/6/

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