



Coping with Challenging People & Situations During the Holidays

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What challenging people or situations are you anticipating during the holidays?

What specifically makes these people or situations challenging?

How do you want to behave in this challenging situation?

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How can you remain true to your standards, values, and goals?

What can you do to prepare yourself to handle this situation BEFORE it happens?

What strengths do you have that will help you cope?

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If you find yourself in a difficult situation, try these coping strategies:

- Excuse yourself from an uncomfortable conversation.
- Keep the conversation light and on “safe” subjects (avoid controversial topics like politics, religion, and money).
- Count to 10 and take a few deep breaths before saying or doing anything.
- Repeat an encouraging mantra in your head such as “I can handle this” or “setting boundaries is a healthy form of self-respect.”
- Ask for help.
- Go to the bathroom, splash water on your face, breath in for the count of 4 and out for the count of 4 (repeat), collect your thoughts.
- Use an “I statement” to calmly and kindly express your feelings and needs.
- Leave early.

What other coping strategies can you use if things get stressful?

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How will you take care of yourself AFTER a challenging situation?

What's something that you're looking forward to during the holidays?

What's one thing that you can do to make this holiday more enjoyable for yourself?

Give Yourself Loving Kindness During the Holidays



I will treat with kindness by saying supportive things to myself such as:

I will take care of my physical health and needs by:

I will take care of my emotional health by:

This holiday season, I will treat myself to:

I am grateful for: