



2022

Holiday Plan

How to care for yourself this holiday season



Holiday Plan 2022

The holiday season is here! For many, it is the best time of the year. For others, the holidays create some uncomfortable and stressful moments. We often find ourselves weary, emotionally drained, and managing a higher than usual amount of stress. When we add in the “normal” stresses of everyday life, plus the holiday season, it’s no wonder we all could use a little extra support.

Please take a few moments to create a plan to take care of yourself in the midst of the difficulties of this holiday season.

May you experience the Lord’s love for you and his nearness.



Grief

What are you grieving this holiday season?

(Examples: loss of a loved one, unable to travel to visit loved ones, change in health or finances, loss of a pet, etc.)

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Stressors

List people, places, or circumstances that can be challenging or cause discomfort.

(Examples: finances, conversations with loved ones, relational dynamics, returning to places that bring up painful emotions from the past, etc.)

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What are your options? What are some boundaries you can put in place?

(Examples: create a budget, make homemade gifts, communicate clear boundaries in advance, etc)

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Safe People

List people you can talk to in a crisis:

(Examples: a trusted friend, mentor, pastor, small group member, sponsor, family member, therapist, etc.)

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Where can you access additional support?

(Examples: Celebrate Recovery®, counseling, online support groups, church, small group, etc.)

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Self-Care

List things that rejuvenate you:

(Examples: be out in nature, spend time with safe people, create something, eat a good meal, take a walk, journal, listen to music, take time to do an Advent Retreat* etc.)

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Serve

How can you give back to others?

(Examples: write letters of encouragement, serve at a Christmas Service, take a meal to someone, etc.)

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Something to look forward to

What are some experiences, people, or activities you are looking forward to?

(Examples: spend time with loved ones, create new traditions, enjoy a slower pace, make a favorite holiday meal, etc.)

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Need Support?

Saddleback Church is here to support you—please visit saddlebackchurch.com/care to share your specific needs, or call 949-609-8000 to talk with someone today.

If you find your level of distress is increasing, please reach out to the National Suicide and Crisis Lifeline. The Lifeline is available 24/7 at **988** or text HOME to **988**.

***Advent Guide**

The Saddleback Retreat Ministry has written a beautiful retreat guide for Christmas titled, “Advent: Unto us a Son is Given.” The Advent retreat guides you through scripture passages, thoughtful questions and prayer prompts. This is a wonderful time of the year to open your heart to the Lord and to be reminded of his love for you. Download the Advent Guide at: <https://bit.ly/3poOvFb>.