

The Grief-Sensitive Winter Holiday Planner

HeatherStang.com

Name _____

Year _____

How are you feeling about the winter holidays?



Great



Good



Okay



Not good



Awful

Say more about what you are feeling here.

Coping Skills: In the checklist below, list the coping mechanisms that offer you instant emotional relief when you're feeling overwhelmed. These are your go-to strategies for regaining balance in stressful moments.

<input type="checkbox"/> Breathing exercises	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Physical movement (walk, yoga, dance)	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Contacting a support person	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Self-care Practices: Outline the self-care rituals that serve as your personal reset and fortify your resilience. Note how often—daily, weekly, or monthly—you intend to engage in each activity.

_____	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly
_____	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly
_____	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly
_____	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly
_____	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly

Support System:

List the people or groups who can offer you emotional support this holiday season. Make sure to schedule a time to connect, whether it's through a phone call, video chat, or an in-person meeting. Scheduling these check-ins ahead of time gives you a concrete plan to lean on when things get overwhelming.

NAME	DATE	IN PERSON/PHONE/VIRTUAL
_____	<input type="text" value="/"/> <input type="text" value="/"/> <input type="text" value=""/>	_____
_____	<input type="text" value="/"/> <input type="text" value="/"/> <input type="text" value=""/>	_____
_____	<input type="text" value="/"/> <input type="text" value="/"/> <input type="text" value=""/>	_____
_____	<input type="text" value="/"/> <input type="text" value="/"/> <input type="text" value=""/>	_____
_____	<input type="text" value="/"/> <input type="text" value="/"/> <input type="text" value=""/>	_____

Learn more at heatherstang.com/holiday-planner

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Holiday Events: What events or gatherings are you invited to this year? Write those down, choose whether to attend them or not, then brainstorm what you want to say to the planner when you decline the invitation.

EVENT	ATTENDING	SCRIPT/KEY PHRASES
	<input type="radio"/> Yes <input type="radio"/> No	
	<input type="radio"/> Yes <input type="radio"/> No	
	<input type="radio"/> Yes <input type="radio"/> No	
	<input type="radio"/> Yes <input type="radio"/> No	
	<input type="radio"/> Yes <input type="radio"/> No	
	<input type="radio"/> Yes <input type="radio"/> No	

Holiday Traditions: List the traditions that have been a part of your holiday celebrations, and choose whether you'd like to keep them as they are, modify them to better suit your current emotional state, or release them for now, knowing you can always bring them back in a future season.

[illegible]

Create a New Tradition: Reflect on your most cherished holiday memory with the person you want to remember. Then, circle and add any emotions from the word cloud that you'd like your new tradition to evoke. With those emotions as your guide, brainstorm a new, heartfelt tradition that honors either your loved one or yourself, providing you with emotional connection throughout the holiday season.

[illegible]