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.

- ☐ Breathing exercises
- ☐ Physical movement (walk. yoga, dance)
- ☐ Contacting a support person
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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.

_____ ○ Daily ○ Weekly ○ Monthly

_____ ○ Daily ○ Weekly ○ Monthly

_____ ○ Daily ○ Weekly ○ Monthly

_____ ○ Daily ○ Weekly ○ Monthly

_____ ○ Daily ○ Weekly ○ 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
	/ /	
	/ /	
	/ /	
	/ /	
	/ /	

Learn more at **heatherstang.com/holiday-planner**

Copyright ©2024 by Heather Stang. All rights reserved. May be distributed with credit for non-commercial use.

The Grief-Sensitive Winter Holiday Planner

HeatherStang.com

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
_____	Yes No	
_____	Yes No	
_____	Yes No	
_____	Yes No	
_____	Yes No	
_____	Yes 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.

EXISTING TRADITIONS	ACTION
_____	Keep Modify Release
_____	Keep Modify Release
_____	Keep Modify Release
_____	Keep Modify Release
_____	Keep Modify Release
_____	Keep Modify Release

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.

HOLIDAY MEMORY

NEW TRADITION EMOTIONS

love joy warmth gratitude comfort connection happiness peace nostalgia laughter affection serenity inspiration trust hope harmony fondness contentment security admiration emancipation relief freedom compassion empathy unity bliss vitality ease tenderness gentleness reverence delight enthusiasm courage resilience celebration playfulness kindness acceptance belonging fulfillment _____ _____ _____ _____ _____ _____ _____ _____ _____

NEW TRADITION IDEAS

_____

_____

_____

_____

_____

_____

_____

_____

Learn more at **heatherstang.com/holiday-planner**

Copyright ©2024 by Heather Stang. All rights reserved. May be distributed with credit for non-commercial use.