



Maintaining Wellness Throughout the Holidays

My Personal Self-Care Plan

1. One thing I would like to have happen this holiday season that probably will not is:

2. One thing I feel today as the holidays are approaching is:

3. One friend or group I could get together with is:

4. One "tradition" I may need to give up is: _____

5. One positive family member I will spend time with is:

6. One activity I can abandon is: _____

7. One thing I will do for myself is:

8. One activity I will do to better deal with loneliness or loss is

9. One way I will exercise is to _____ for _____ minutes each day.

10. I will remind myself of the importance of _____ this year.