



HOLIDAY STRESS COPING PLAN

A Simple Guide to Support Your Emotional
Well-Being During the Holiday Season

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1. My Top Holiday Stressors

List the situations, people, or seasonal changes that feel most challenging this time of year.

2. My Early Warning Signs of Stress

How does stress show up in your body, emotions, or thoughts?

Physical signs:

Emotional signs:

Thought patterns:

3. My Boundaries for This Season

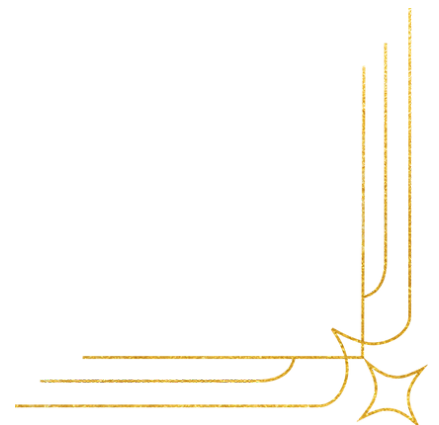
What do you need to feel emotionally safe and balanced?

I will say **YES** to:

I will say **NO** to:

Time boundaries I need:

Conversation boundaries I need:



4. My Communication Plan

Scripts or phrases to help you protect your energy during family gatherings or social situations.

- “I appreciate the invitation, but I won’t be able to make it this time.”
- “I’m stepping away for a moment to get some air.”
- “I’d prefer not to discuss that topic today.”
- “I need a little space right now. I’ll rejoin shortly.”
- Add your own to practice:

5. My Emotional Support System

List the people and resources you can turn to when you need grounding.

Someone I can call or text:

A friend who helps me feel understood:

My go-to calming activity:

Therapist or support professional:





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6. My Daily Self-Care Habits

Small things you can commit to each day to support your well-being.

- ☐ Get 5–10 minutes of natural light
- ☐ Move my body gently
- ☐ Slow, deep breathing
- ☐ Drink water regularly
- ☐ Take planned breaks
- ☐ Practice a grounding or mindfulness exercise
- ☐ Limit overstimulating activities

Add your own:

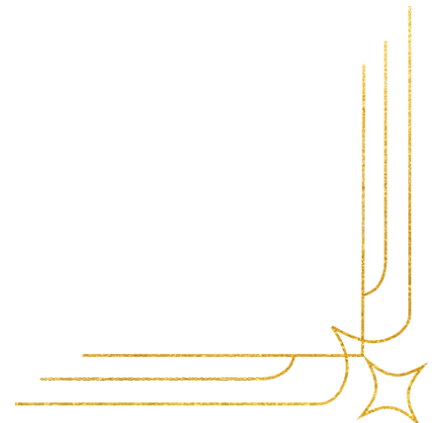
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7. My Grounding Toolbox

Choose 3–5 quick techniques you can use when you're overwhelmed.

- ☐ 4–7–8 breathing
- ☐ 5 Senses: Name 5 things you can see...
- ☐ Step outside for a few minutes
- ☐ Listen to calming music
- ☐ Hold something warm (tea, blanket)
- ☐ Practice positive self-talk

Add your own:

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8. My Holiday Intention Statement

What do you want this season to feel like? What values do you want to center?

“My intention for this holiday season is to...”

9. If Stress Becomes Overwhelming

Emergency steps you can take when emotions feel too intense.

- Step away from the situation
- Deep breathing or grounding exercise
- Call a supportive person
- Engage in a calm, sensory activity
- If needed, reach out to a crisis line or mental health professional

Crisis numbers to keep on hand:

You Deserve Peace, Support, and Balance This Season!

Use this plan daily or weekly as a check-in with yourself.

Remember, small moments of awareness and intention can create meaningful changes in how you experience the holidays.