



Kristy-Ann DL Psychotherapy

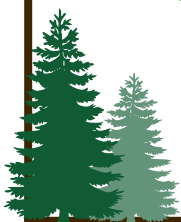
How to Cope with Holiday Stress

Holiday stress is not about pretending to be okay. It's about supporting your nervous system and emotional needs.

Helpful Coping Strategies:

- Slow breathing and grounding practices
- Saying no to protect time and energy
- Maintaining sleep, nourishment, and movement
- Limiting alcohol, spending, and emotional triggers
- Practicing self-kindness rather than perfectionism

Key Reminder: You don't have to do everything!



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Your Personalized Coping Plan

1. What early signs show you're becoming overwhelmed?

2. Which coping strategies help regulate your nervous system?

3. What boundaries would support you this season?

4. Choose one simple self-care routine to maintain:



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