



**MY CHRISTMAS SURVIVAL PLAN  
TO BRAVE THE SEASON MY WAY**

**I pledge to use my 5 point survival plan  
to support myself  
to Brave the festive season my way.**

**1**

**MY EXPECTATIONS**

What do I want and expect from Christmas. What's most important to me?  
I will manage my expectations by...

**2**

**MY BOUNDARIES**

What boundaries do I want to create for myself at events, in my relationships with others and my behaviours (indulgencies and moderations)? Finish the sentence –I promise to set and support myself with the following boundaries by...

**3**

**MY SUPPORT**

Choose, name and agree (seek their permission) with one named person who is willing to be 'Your Vent Buddy' to vent to during the festive time. I choose..... (and have their permission) to call, text or meet to let off steam honestly.



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**MY OVERALL SURVIVAL**

How can I support myself to leave or reduce being in an unwelcome or unhealthy situation? What will I create for myself? What's going to work for me? My overall Survival Plan will be to.....



**MY CARE & BEING WELL**

What relaxation, 'me-time' will I create for myself during the festive time? How will I recognise my own needs? What would work for me daily? (Ideas: build 15-30 minutes 'me time' each day, take a short walk outside, read a page a day, watch not use my phone before 12pm, listen to an uplifting podcast, indulge in a creative pursuit...)

**I promise to offer the following .....(be specific how much time?) to relax and care for myself daily during Christmas time by...**