

MY HOLIDAY CRISIS + COPING PLAN



My triggers

People, places + anything else I feel might trigger my emotions.

Things I need to avoid

This could include setting boundaries, like limiting social commitments to avoid feeling overwhelmed.

My plan to ACT

*When I start to feel overwhelmed, what **specific actions** can I take to **ground myself** and **regain balance**? (**ACT: Accept** your feelings without judgment, **Choose** a helpful response, and **Take** action to support your well-being.)*

MY HOLIDAY CRISIS + COPING PLAN



Affirmations for Accepting Feelings

- It's okay to **feel what I'm feeling** right now.
- My emotions are **valid**, even if they're **difficult**.
- I allow myself to experience this moment **without resistance**.
- I can **sit with my feelings** without needing to fix them immediately.
- Emotions come and go, like waves—**this too shall pass**.
- I am **gentle with myself** as I navigate these emotions.
- Feeling this way **doesn't make me weak**; it makes me human.
- I trust that **I can handle** what I'm feeling.
- There is no "right" way to feel—my experience is **uniquely mine**.
- I give myself **permission** to feel and process at **my own pace**.

Affirmations for Helpful Responses

- I have the **power** to **choose how I respond** to this moment.
- I can take **one small step** toward feeling better.
- I choose responses that **nurture** and **support** my well-being.
- I will focus on what I can **control** and **release** what I cannot.
- It's okay to **ask for help** or lean on others.
- I can choose **calm** over **chaos**, even in small ways.
- I prioritise actions that bring **comfort** and **clarity**.
- I will show myself the same **compassion** I would offer a friend.
- I can **pause, breathe**, and **respond** thoughtfully.
- Every positive choice, no matter how small, is **a step forward**.

Actions to Support Well-Being

- Take **slow, deep breaths** to calm my nervous system.
- Go for a **walk** to clear my mind and change my environment.
- **Reach out** to a trusted friend or family member for support.
- **Write down** my **thoughts** to organise and release them.
- Practice a **grounding exercise**, like focusing on my senses.
- Spend a few moments in **nature**, soaking in its calming presence.
- Take a short break to **rest** or **meditate**.
- Engage in a **creative activity**, like drawing or crafting.
- Listen to **calming music** or a favorite podcast.
- Treat myself to **something comforting**, like a warm drink or cosy blanket.