

HOLIDAY SOCIAL PLAN



The holiday season can feel **overwhelming** when you're grieving. This worksheet helps you reflect on what feels **right for you**—whether it's **embracing traditions**, **setting boundaries**, or **prioritising self-care**. Use these questions to plan a season that **works for you**.



What types of social events feel **manageable** for you this year?
Consider **family gatherings**, **small meetups** with close friends, or **virtual events**.

Who do you feel most **comfortable** spending time with?
Identify people who bring you **comfort** and **respect** your grief journey.



What **boundaries** would you like to set for social occasions?
Consider **time limits**, discussion **topics**, or whether you'd prefer to arrive **late** or leave **early**.



How will you communicate your **needs** and **preferences** to others?
Think about how to explain your **boundaries** and plans to family and friends in a way that feels **natural**.



What is your '**exit strategy**' if a gathering becomes overwhelming? Will you drive yourself, have a **trusted friend** on standby, or plan a **quick excuse** to leave?



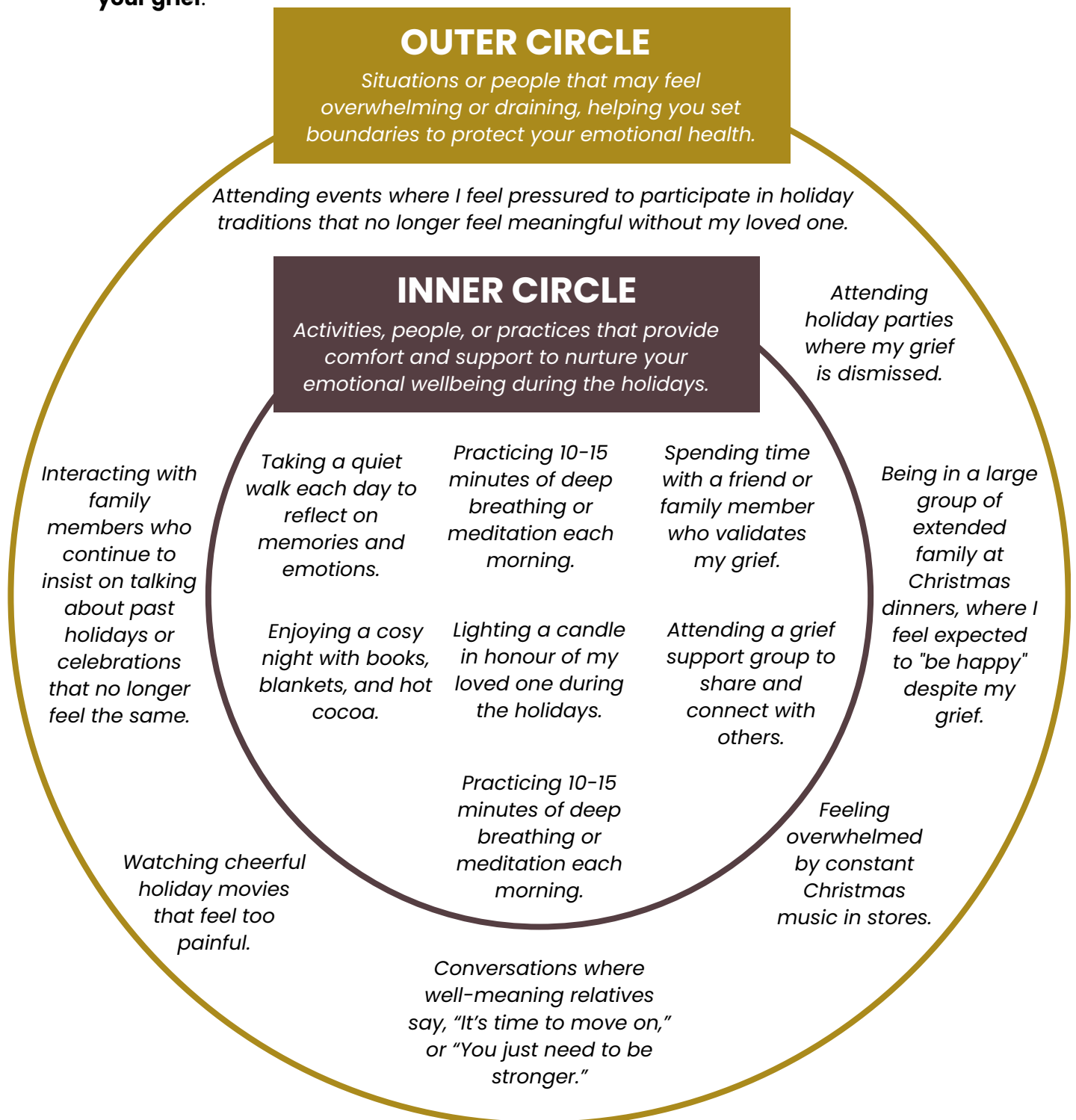
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The holiday season can be especially hard when you're grieving, as it often triggers **strong emotions** and **overwhelming social interactions**. This worksheet helps you manage your wellbeing by **identifying situations** that are **draining** and **activities** that bring **comfort**. By dividing these into an inner and outer circle, you can create **a more balanced social plan** for the holidays.

How to Use This Worksheet:

1. Reflect on the examples and personalise them on the next page.
2. Identify situations for your **Outer Circle** (draining or distressing) and **Inner Circle** (supportive or comforting).
3. Use this guide to set boundaries, saying "**no**" to things in your Outer Circle and **prioritising** your Inner Circle. This helps you navigate the holidays while **honouring your grief**.



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When filling out your **inner** and **outer** circles, **think** about:

- What situations or thoughts are making me feel **unsettled** or **tense**?
- What brings me a sense of **joy** or **anticipation** each day?
- What do I feel **reluctant** or **apprehensive** about facing daily?
- Who or what brings **positivity** and boosts my **energy**?
- Who or what leaves me feeling **depleted** or **overwhelmed**?
- Who or what provides me with **comfort**, **encouragement**, and a sense of **belonging**?

OUTER CIRCLE

Situations or people that may feel overwhelming or draining, helping you set boundaries to protect your emotional health.

INNER CIRCLE

Activities, people, or practices that provide comfort and support to nurture your emotional wellbeing during the holidays.

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This worksheet offers tips for **preparing**, setting **boundaries**, and finding **support**, along with reflective questions to help you process your experience afterward. Take things at your own pace — you're allowed to **prioritise what feels right for you**.

Be selective.

It's okay to say no to events that feel too difficult or draining. Prioritise gatherings that align with your emotional needs.

Prepare for questions or conversations about your loved one.

Decide in advance how much you're comfortable sharing and have a few phrases ready if you'd rather not discuss it.

Bring a trusted companion.

Having someone who understands your grief can provide comfort and support during social events.

Set time limits.

Give yourself permission to leave early or take a break if the event feels overwhelming.

Plan for moments of connection.

Identify specific people or activities at the event that might bring you comfort or joy, like catching up with a close friend or participating in a favourite tradition.

REFLECTIVE QUESTIONS POST-EVENT

How did you **feel** during the event?

What aspects of the gathering were **enjoyable** or **comforting**?

Were there any moments that felt too **challenging**, and how might you handle them differently next time?

What will you take **forward** for future social plans?
