

Self-Care Survival Worksheet

The holiday season is here... are you ready?!

Whether you are hoping to stay on course with your health goals, or merely stay sane, this Holiday Self-Care Survival Worksheet will help you better prepare for the inevitable, end-of-the-year, holiday chaos.

Know Your Why

You've been working hard on your health goals — to lose weight, eat more veggies, exercise regularly, etc. — so don't let the holidays sabotage your efforts. Write down your health goals below and why you want to accomplish them. List the reasons that made you want to take action in the first place!

Know Your Triggers

Our loved ones are uniquely qualified to push our buttons. Which buttons are most triggering for you? Certain phrases or topics? Tone of voice or body language? Passive aggressive behavior? List a few of your main triggers below, as well as ways you can respond to each. Keep it simple. Think of this as a quick reference cheat sheet.

Example

Trigger: Feeling less than and different

Response: Deep breath. Remind myself that I'm good enough and don't have to fit anyone else's mold or expectations. Let the other person know their comments were hurtful and not funny. Remove myself from the situation, if needed.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Set Clear Boundaries

Holding boundaries can be hard, especially with family. It's key to remember that you are in control and have the power and authority to set your own boundaries. What are your non-negotiables? Make a list below and include ideas for how to hold these boundaries with others.

Example

Boundary: Sticking to predetermined food & drink choices

Holding Firm: A family member keeps pushing others to eat or drink more. I acknowledge their comments... “The pie looks amazing, but I’m all set for now.” I also reassure myself that I’m making healthy decisions. Self-compassion is helpful when it comes to holding boundaries, so is celebrating your wins later.

[illegible]

Fill-up in Advance

Consider ways to fill yourself up... emotionally, spiritually, socially... in the days or weeks leading up to an event. What can you do in advance to optimize your whole self, so you are primed for the temptations that come your way?

Example

Temptation: Overeating on Thanksgiving, because “it’s only once a year!”

Strategy: Practicing mindful eating for a few weeks prior to become more in-tune with my body, and thus avoiding the need to rely solely on my willpower on Thanksgiving Day. I also boost self-compassion in advance to minimize my old habit of overconsuming to numb emotional pain.

[illegible]

Remember Your Options

The holiday season can bring extra stress and pressure. During these times, it's helpful to have your "Go To" favorites top of mind. Remember, just because something works for someone else, doesn't mean it will work for you. Trust your instincts and what has worked well for you in the past.

Examples

Meditating • deep breathing • calling a supportive friend • journaling • going for a walk or run • listening to music/podcasts • reading • dancing • singing • exercising • watching a movie (or even a quick cat video) • taking a bath • sleeping/napping • time alone

*Reminder: Steer clear of anything that could be used for stuffing pain. Self-care is about compassion and re-filling, not escaping or avoiding.

You got this!

I hope this worksheet is helpful as you prepare to thrive during the holidays... and beyond! I encourage frequent check-ins with yourself over the coming weeks to ensure you are managing stress, and filling yourself up in healthy and positive ways. Every small step and win adds up to great success over time!

Looking for more support? Work with me!

If this worksheet was helpful, but you're interested in more 1:1 support and encouragement, consider working with me. We can schedule a FREE consultation call to see if my program would be a good fit for you.

Stop struggling on your own. Join me on a journey to live your best life — a vivid, heart-centered life.

Visit vividheartcoaching.com to learn more and schedule your FREE call.