



REALIGN Your Holidays
YOUR FESTIVE
SANITY SAVER

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’TIS THE SEASON

This toolkit contains essential information and resources.

✦ ✦ **PURPOSE OF TOOLKIT**

The purpose of this holiday toolkit is to provide you with practical strategies and compassionate guidance to navigate the holiday season with greater emotional well-being, hope, and peace. Whether you're facing challenges or simply seeking to enhance your holiday experience, this toolkit offers a variety of tools based on the REALIGN concept to support you.

✦ ✦ **HOW TO USE THIS TOOLKIT:**

- 1. Read through each section of the REALIGN framework.*
- 2. Choose strategies that resonate with you or seem most helpful for your situation.*
- 3. Implement one or two strategies at a time, giving yourself grace as you practice.*
- 4. Revisit the toolkit regularly throughout the season, trying new strategies as needed.*
- 5. Remember, this is a flexible resource - adapt the suggestions to fit your unique circumstances.*



HAPPY HOLIDAYS. HAPPY HOLIDAYS. HAPPY HOLIDAYS. HAPPY



R - RESTRICTURE YOUR EXPECTATIONS AND BELIEFS

CHALLENGE NEGATIVE CORE BELIEFS ABOUT HAPPINESS AND THE HOLIDAYS

- Identify any negative beliefs you hold about the holidays
- Question these beliefs: "Is this always true? What evidence contradicts this?"
- Reframe negative beliefs into more balanced, hopeful perspectives

ADJUST YOUR HOLIDAY "SHOULD" TO REALISTIC "COULD"

- Make a list of your holiday expectations and rewrite them as flexible possibilities
- Focus on what truly matters to you, letting go of societal pressures.

FIND HOPE WHEN LIFE IS HARD

- Create a "hope jar": Write down small moments of joy or kindness you experience
- Set small, achievable daily goals to build a sense of accomplishment
- Seek out inspiring stories of resilience to remind yourself of human strength

DEVELOP A GRATITUDE PRACTICE

- Start a daily gratitude journal, noting three things you're thankful for
- Share your gratitude with others through calls, texts, or letters
- Look for moments of beauty in your home or community, however small

STRESS-RELIEF TOOLKIT

- Deep breathing exercises (4-7-8 technique)
- 5-minute meditation breaks
- Create a playlist of calming or uplifting music



**E: EQUIP
YOURSELF WITH
NEW STRATEGIES!**

I: SELF CARE & CONNECTION

CREATE A PERSONAL "HOLIDAY RECHARGE" MENU

- List quick self-care activities for 5, 15, and 30-minute breaks
- Include free or low-cost options for financial accessibility
- Keep your menu visible and easily accessible

CONNECT WITH LOVED ONES OR SUPPORTIVE COMMUNITY

- Reach out to one person each day, even for a brief chat
- Explore free community events or support groups in your area
- If alone, consider volunteering or joining online communities

SET AND MAINTAIN HEALTHY BOUNDARIES

- Identify your non-negotiable boundaries for time, energy, and interactions
- Communicate these boundaries clearly and compassionately
- Enlist a supportive friend as your "boundary buddy" for accountability

GIVE YOUR TIME TO SUPPORT OTHERS

- Research local volunteer opportunities or community service projects
- Offer help to a neighbor or friend in need
- Create homemade gifts or cards for those who might be lonely

CULTIVATE JOY IN SMALL, NATURAL WAYS

- Take daily walks to appreciate nature in your community
- Start a small indoor garden or care for a houseplant
- Engage in simple, joyful activities like singing, dancing, or crafting

MEND STRAINED RELATIONSHIPS WHEN POSSIBLE

- Reach out to estranged family or friends with an open heart
- Practice active listening and empathy in difficult conversations
- Focus on building understanding rather than being right

G: GENERATE POSITIVITY AND PURPOSE

A: ASSESS YOUR EMOTIONS

DAILY EMOTIONAL CHECK-INS

- Rate your mood each day on a scale of 1-10
- Identify patterns or triggers affecting your emotions
- Recognize early warning signs of stress or overwhelm

IDENTIFY YOUR PERSONAL HOLIDAY VALUES

- Reflect on what truly matters to you during this season
- Align your activities with these core values
- Let go of activities that don't serve your well-being or values

FINANCIAL WELL-BEING CHECK

- Assess your budget honestly and set realistic spending limits
- Explore low-cost or free ways to celebrate and connect
- Remember that meaningful experiences often don't have a price tag



L: LIBERATE FROM GUILT AND PRESSURE!



PRACTICE SELF-COMPASSION AND GRACE

- Use kind self-talk: "I'm doing my best in this moment"
- Give yourself permission to say no to overwhelming commitments
- Remind yourself that it's okay if things aren't perfect

LET GO OF UNREALISTIC STANDARDS

- Identify perfectionist holiday standards you're holding onto
- Replace each with a more realistic, self-compassionate alternative
- Focus on the meaning behind traditions rather than flawless execution

EXTEND FORGIVENESS AND HUMILITY

- Reflect on any grudges or resentments you're holding
- Practice forgiveness meditation for others and yourself
- Approach difficult interactions with an open heart and mind

CREATE MEANINGFUL, LOW-STRESS TRADITIONS

- Brainstorm activities that align with your values and budget
- Start a new tradition focused on giving back to your community
- Involve loved ones in creating and implementing new traditions

PRACTICE MINDFULNESS AND PRESENT-MOMENT AWARENESS


- Create "present moment" cards with mindfulness prompts
- Take mindful breaks to fully experience holiday sights, sounds, and smells
- Practice gratitude for the present moment, however it looks

IMPLEMENT ONE NEW SELF-CARE HABIT THIS SEASON

- Choose a small, achievable self-care action
- Practice it daily, tracking your progress
- Celebrate small wins and the effort you're making



N: NEW TRADITIONS, & STARTING NOW



Remember, healing and growth are processes. Be patient and kind with yourself as you navigate this season. If you're struggling, please don't hesitate to reach out for professional help.

www.shawnjames-realign.com

National Crisis Support Resources:

- National Suicide Prevention Lifeline: 1-800-273-8255**
- Crisis Text Line: Text HOME to 741741**
- SAMHSA National Helpline: 1-800-662-4357**

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