

Thanksgiving Tips for Holiday Recovery



HANDLING DIFFICULT SITUATIONS

- Take micro-breaks
- Avoid triggering topics
- Practice self-compassion

EMOTIONAL PREPARATION

- Create supportive traditions
- Choose emotional distance
- Give yourself permission

RECOVERY CHECKLIST

- Prepare emotionally
- Set personal boundaries
- Have support person

EMOTIONAL DISTANCE

- Write down thoughts
- List coping strategies
- Plan ahead for events

SUPPORT SYSTEMS

- Use calming techniques
- Communicate openly
- Journal your feelings

MINDFULNESS

- Identify triggers
- Create affirmation list
- Share feelings with others

SELF-CARE PRACTICES

- Explore new activities
- Embrace family dynamics
- Seek positive interactions

PERMISSION TO LEAVE

- Allow personal space
- Reflect on experiences
- Build emotional resilience

HEALTHY BOUNDARIES

- Stay grounded mentally
- Focus on self-care
- Maintain emotional health

CHECKLIST ITEMS

- Keep an open mind
- Stay adaptable and flexible
- Celebrate small victories

NEW TRADITIONS

- Designate quiet time
- Meditate or breathe
- Seek professional help