

A HOLIDAY GUIDE FOR ABUSE SURVIVORS

HOW TO COPE WITH TRAUMA DURING THE HOLIDAYS

TALK ABOUT IT



Confide in family or friends and seek help if need be. Be honest and don't worry about bringing anyone down. You're allowed to talk about it. Remember: it's normal to feel all the emotions – stress, anger, fear, panic – that may come up.

SET LIMITS AND CREATE BOUNDARIES



You can choose the length of time you're able to handle an activity. If you need to avoid certain functions or people, do it. If you have a family member who has been abusive to you, make alternate plans with friends and find pleasurable things to do.

TAKE BREAKS



Go for a walk, set aside a place where you can be alone, and plan breaks ahead of time. This can keep you from becoming overwhelmed.

REACH OUT FOR HELP



Work with a therapist for support. They can also be great resources to learn coping skills & strategies ahead of any stressful holiday situations.

PRACTICE SELF-CARE



Give yourself what you need in the moment, day or season. Check in on a regular basis to make sure your own needs are being met. Ensure you get enough rest.

