

## **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.