



Having Your Own Back This Thanksgiving

This resource was created to help you as you participate in our online event. We encourage you to use these questions as an opportunity to reflect on how these themes may apply to your own life.

1. Which holiday do you anticipate being the most challenging and why? Are there any feelings of guilt/shame about this that might get in the way of using effective strategies to cope?

2. Take a moment to imagine how you would like to feel on January 2, 2020 when you reflect on this holiday season. How does this inform the boundaries you plan to set?

3. What is the most important self-care practice for you to maintain consistency in throughout the holiday season? How can you build accountability and structure around this?

