



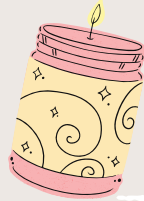
Holiday Packing List



COPING SKILLS EDITION

Something that helps you chill out

Take time to consider what allows you to relax and decompress. Bring that skill with you as you prepare for your holiday season. "Packing" this could be a physical item, like a scented candle that brings calm. Or, it could be reminding yourself to practice deep breathing and meditation to relax and refresh. For more information on calming coping skills, visit our YouTube channel.



Something to do alone

Being around others during the holiday season can be joyful and exhausting. Remembering to take "me" time is a way to minimize feeling burnt out in others' company. "Packing" an alone time activity, like a book, headphones for music, or even a favorite body wash for a hot shower can give you the space to feel rejuvenated and refreshed!



Something to keep you warm and fuzzy

Something warm and fuzzy could be your favorite sweater that makes you feel cozy and snuggled. It could also be something that keeps you emotionally warm, like a photo of ones you love, or a favorite recipe that you can share with family. This season, pack whatever it is that brings you joy!



An emergency contact

Whether traveling, visiting family, or staying home, the holidays can bring up lots of different feelings. Making a list of contacts in case of crisis can help to have immediate support in times of need. In addition to a personal contact, other helpful numbers might include a mental health professional or help hotlines such as the national suicide prevention line (dial 988).

