

Festivities Wellbeing Plan

What are my hopes for the festive season?

What values are important to me? How do I show them?

What do I need to give to? What do I need to keep for *myself* during this time?

What are my main stressors during this time?

What helps me to feel well?

1 _____

1 _____

2 _____

2 _____

3 _____

3 _____

'Gifts of time and love are surely the basic ingredients of a truly merry Christmas.'

- Peg Bracken, Author

