

Make new traditions



Take the holidays into your own hands and make some of your own plans to celebrate.

This can help you enjoy the holidays on your own terms and find ways to celebrate that are meaningful to you.

Have a think about the things you value and try to schedule in some time to do activities that align with those things.

Our **values** are like guideposts that help us stay on track, no matter what we feel.

Our values are not about what we achieve or get. They're about our relationships – what kind of friend we want to be and who we want to be for ourselves.

Values include things like:

Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experience

Compassion: to act with kindness towards those who are suffering

Creativity: to be creative or innovative

Fun: to be fun-loving; to seek, create, and engage in fun-filled activities

Independence: to be self-supportive, and choose my own way of doing things



If you value friends and chosen family, you could schedule an event for those people in your life. If you value giving back, you could try volunteering. Or, if you value creativity, you could try baking something or doing some crafts.