

Know that this too shall pass

The holiday period can be challenging. Know that this time will pass and with some strategies on hand and some support, you can get through it.



Remember, **you don't have to tackle the holiday season alone.**

Everyone needs their own support team: people who love and trust, who can help you get through the day.

Make a list of the people in your life who are supporting you.

Think about the sort of people who will be over in a heartbeat if you're feeling icky. These are the people who you can go to when the holiday period gets overwhelming, and you need more support.

People in my support team:
