

Strategies for Preparing for The Holidays (before)

Physical Needs	Cognitive Needs	Emotional Needs	Sensory Needs	Nutrition Needs
<ul style="list-style-type: none"> - Set a time frame / time boundaries - Have a recliner or way to get your legs up - rest before and after; take microbreaks communicate needs - stand up and stretch 		<ul style="list-style-type: none"> - prepare a list of strategies - calm the nervous system beforehand (breathing, meditation, listening to calming music) - check-in with self around capacity and limitations - know who will be there ahead of time - review self-compassion techniques 	<ul style="list-style-type: none"> - shop during a sensory friendly shopping time - wear earplugs, headphones, sunglasses, etc. to stores 	<ul style="list-style-type: none"> - bake or cook in advance and freeze (cookie dough, baked goods, sauces, casserole, etc.) - buy pre-prepared items (fruit trays, appetizers, etc) - outsource the cooking and baking (buying from a small business, bakery, or asking a friend or family member) - prepare your supplements, if needed -utilize appliances (crock pot, air fryer) - have a snack beforehand or car snack

Strategies for Managing the Holidays (during an event)

Physical Needs	Cognitive Needs	Emotional Needs	Sensory Needs	Nutrition Needs
<ul style="list-style-type: none">- have an exit strategy (can you taxi/uber home if your friend or partner wants to stay longer? Consider pre-booking to enforce your time boundary!)- choose to eat where it's most comfortable for you	<ul style="list-style-type: none">- Note your warning signals and your microbreak options (bathroom, car,	<ul style="list-style-type: none">- make new traditions- be grateful and say thank you for an offering but don't be afraid to turn a food or activity down	<ul style="list-style-type: none">- essential oil necklace- asking host to dim the lights	<ul style="list-style-type: none">- bring an alternative- drink water often- take buscopan and lactaid- put a protein food on your plate or have a high protein snack beforehand- have an appetizers only event

Strategies for Managing the Holidays (~~during an event~~) after

Physical Needs	Cognitive Needs	Emotional Needs	Sensory Needs	Nutrition Needs
<ul style="list-style-type: none">- treat yourself to a sauna session for pain relief- catch up on sleep		<ul style="list-style-type: none">- online concert		back up meal