

# Holiday Resourcing Guide

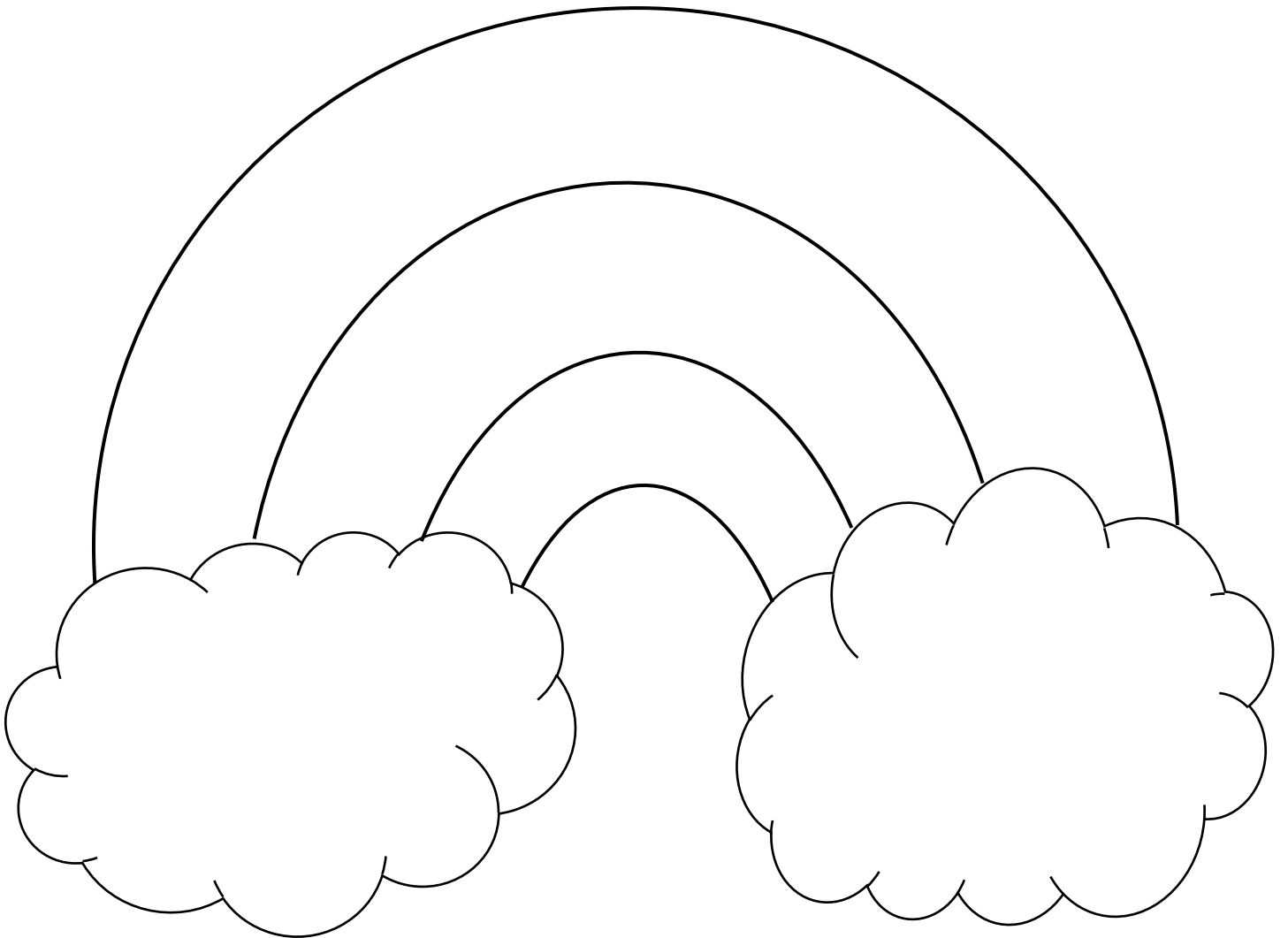
Resourcing is the process of creating a toolkit of resources that you can use when you need them. The holidays often include a lot of time with family and friends which can be a joyful time or a challenging one. The intent of this guide is to help you “resource” for the holidays so that you can feel supported throughout the season.

In this guide, you will find information on the following Resources:

- Creating Your Rainbow of Support
- Anticipating & Planning for Challenges
- Islands of Serenity

## Create your Rainbow of Support

A rainbow of support helps you identify people or organizations that can help you when you need extra support. Use the image below to create your own Rainbow of Support. The large strip can be filled with friends you can reach out to if you just need to vent or take a moment away. The center band can be filled with closer friends, especially those who are good listeners for you. The smallest band can be filled with people that can support you professionally, like a therapist or coach. In the clouds, you can place activities that you enjoy doing. The intent of the Rainbow of Support is to have easy access to supportive resources when you need them.



## **Anticipating & Planning for Challenges**

Often times we know what to expect with our family. There are certain uncomfortable conversations that always seem to pop up or you have a feeling someone will ask you about something in your life that you don't want to talk about. It can be helpful to list out some of those anticipated situations and come up with some prepared responses for them. When we know what we are going to say in advance, it can relieve the anxiety that comes with certain events. Here are some examples to get you started:

Situation: My uncle wants an update on my relationship.

Possible Response: "That's not something I want to talk about today" and then I walk away.

Situation: My grandma questions my choice not to eat meat.

Possible Response: I see turkeys as sentient beings who are capable of feeling & expressing emotion and it doesn't feel good to me to view them as food.

The book, *Better Boundaries* by Kari Kwinn, is a great resource for helping create boundaries and anticipate stressful situations. Kari is also a Colorado-based yoga instructor.

## **Islands of Serenity**

Islands of Serenity are spaces of time that you take for yourself before and after a big event. These self-care spaces can help you rebuild and maintain your energy levels. If you know that spending the holiday with family is going to take an energetic toll on you, it can be helpful to plan self-care or quiet time before and after the event. Here is an example:

Big Event: Holiday meal with family

Islands of Serenity (before the event): I want to enjoy a slow morning with a cup of coffee or tea. I will also take a walk around the neighborhood and get some fresh air.

Islands of Serenity (after the event): When I get home, I will dance in my room for 5 minutes to help shake off the energy of the Event. Then I will relax with a warm bath and a 10 minute breathing practice.

The Islands of Serenity activities used in this example are things that I would do because they help me feel better. You should choose activities that you enjoy! It can be helpful to make a list of activities that you enjoy and then have those on-hand to pick from.