

HOLIDAY TOOLKIT FOR ADOPTEES

SIMPLE PRACTICES TO SUPPORT YOU THIS SEASON

If you know the roles or patterns you slip into, let that guide what support might feel most settling and sustainable.

BEFORE

- Name pressures and expectations
- Choose one supportive limit
- Reconnect to your intention

DURING

- Pause and use a grounding strategy
- Notice when an old role gets activated
- Return to your intention before responding

AFTER

- Gentle debrief
- Permission for rest and self-compassion
- Connect with chosen community



x

