

A ONE GOOD* DAY GUIDE TO...

How to prepare for the holidays

With many NDIS services closing or reducing their hours over the festive period, it's important to plan ahead and set up alternative support systems.

EVALUATE AND CONSIDER

Strengths: What are some areas that you've succeeded in when supporting yourself?

Things I'm looking forward to: It's important to focus on the good things, too, even if only small. What are you looking forward to about this time of year?

Triggers and early warning signs: Nurture your mental health by considering your triggers to a potential crisis. Is there anything that might cause stress that you can plan to avoid?

BE PROACTIVE

Many offices close down or have reduced hours over this time of year. Make a list of the people and available services you can ask for support during a crisis:

Think about mental health distractions. If you feel unwell, what are some activities or actions you can do yourself to find calmness and safety?

Evaluate your environment. Are there ways you can create a safer or less stressful atmosphere for yourself during the holidays?

FOCUS ON THE FUN!

- ☐ Take some time off to spend with loved ones and get into the festive spirit.
- ☐ Look into what's going on in your community or bring festive fun into your space.
- ☐ Reflect and plan ahead. What have you achieved this year that you're proud of?
- ☐ Acknowledge your successes and use them as inspiration for goals to set in 2023.

