<u>Coping strategies I use</u>	Who can I talk to when I am	Things I would like to do over
when things are difficult	struggling?	the holidays
-		<del></del>
	1	
How do I recognise when I		What new coping strategies
am struggling?		could I try?
<del></del>		-
<i>\</i>	Christmas Toolkit	$\rangle$
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What activities could I try	How can I look after my physical	<u>What triggers me?</u>
over the holidays?	<u>wellbeing?</u>	