Protecting Your Peace: Tips To Keep You Safe From Others (And Yourself!)

Before A Gathering:

Ground Yourself:
- Hands/Wrists under cold water
- Drive your heels into the ground
- Intentional movement - dance, stretching

Relax Yourself:
- Deep breathing - in through nose, out through mouth.
- “Body Scan” - sit still and move through each part of your body, really feeling it. Relax each, one at a time.

During A Gathering:

Remember that you do NOT owe anyone anything. Not an explanation or a conversation. Don’t engage if it is unhealthy.
- Excuse yourself. Go outside, to your car, etc.

If you have to, be blunt. Tell them it’s not the time for this/you’re here to celebrate or just say NO. Politeness is not for those determined to argue your validity.

After A Gathering:

More Grounding. Connect with a good friend. Remind yourself of your strength. Feel the feelings and then let them go...their hate has nothing to do with you and everything to do with their own feelings of inadequacy.

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Setting Goals While Treating Yourself Well

Ignore Societal Expectations on Time/Size of Goals

- Don’t feel pressure to change. There’s no rule stating that you HAVE to set a resolution/meet a new goal.

- If you decide you want to change something, move in your own time. Incremental change is more likely to become a habit than a sudden, massive overhaul.

- Introduce new habits slowly. This gives you time to evaluate how they best fit into your schedule and your life. If they work for you, build on that progress. If they don’t... that’s ok! Change them, dispose of them... do what is best for YOUR life.

- Remember that if it adds more stress than good, it’s no good. There is more than one way to get to where you want to be. It’s just a matter of trial and error.

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The holidays are tough for everyone, but they can be especially difficult for our community. If you need help, please reach out. A friend, a hotline, ME. We need your light. You are valuable and you are not alone!

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