



Holiday Anniversary Effect Planner

Why this exists:

Sometimes the holidays bring up old pain before we realize what's happening. This sheet helps you notice patterns, plan support, and create intentional rituals so the season feels a little gentler.

1. Dates & Seasons to Watch

(List anniversaries, time frames, or sensory cues that tend to feel heavy.)

Date / Time of Year	Event / Memory	Notes / Cues (smells, songs, places)

2. How It Shows Up for Me

(Check or write in symptoms you've noticed.)

- ☐ Sadness or irritability
- ☐ Anxiety or restlessness
- ☐ Fatigue / sleep changes
- ☐ Withdrawal from others
- ☐ Other: _____

3. My Coping Tools

(List grounding or soothing practices you can reach for.)

Tool / Practice	When / Where I'll Use It

Examples: deep breathing, bilateral tapping, barefoot grounding, calming playlist, journaling.



4. Rituals or Reframes I'd Like to Try

(Create intentional ways to honor your experience or build new traditions.)

Idea	When I'll Do It

Examples: light a candle, volunteer, write a letter to my past self, change up holiday routines.

5. My Support System

(People or professionals I can reach out to.)

Name	How to Contact	What Helps Me Most

6. My "Permission Slip"

(Write yourself a kind note for this season.)

"It's okay for me to simplify, rest, and take care of myself during the holidays. I can hold space for both joy and grief."

How to Use This Sheet

Print or save a copy for yourself. Fill it out before the holidays so you're not scrambling in the moment. Revisit as needed and update each year.