

Thanksgiving Prep Checklist

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STOCK UP ON SUPPLIES.

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HAVE SELF-SOOTHING ITEMS.

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PRACTICE SELF-CARE.

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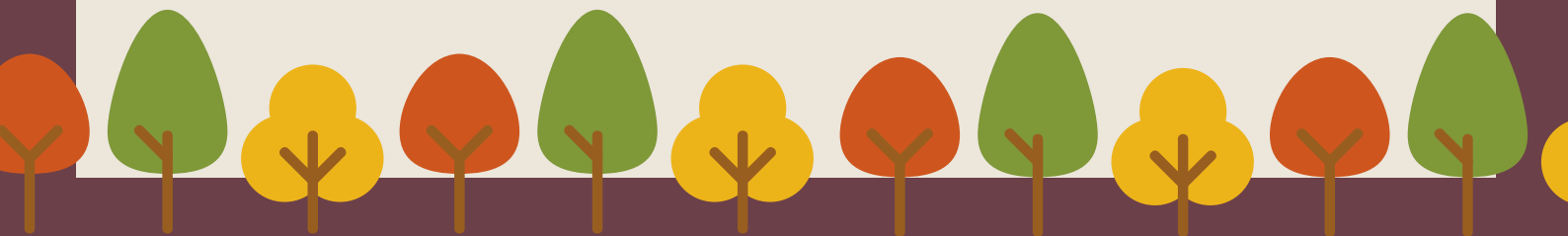
PLAN BREAKS IN YOUR PREP.

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PRACTICE SELF-FORGIVENESS



Notes



Don't Forget! *List*

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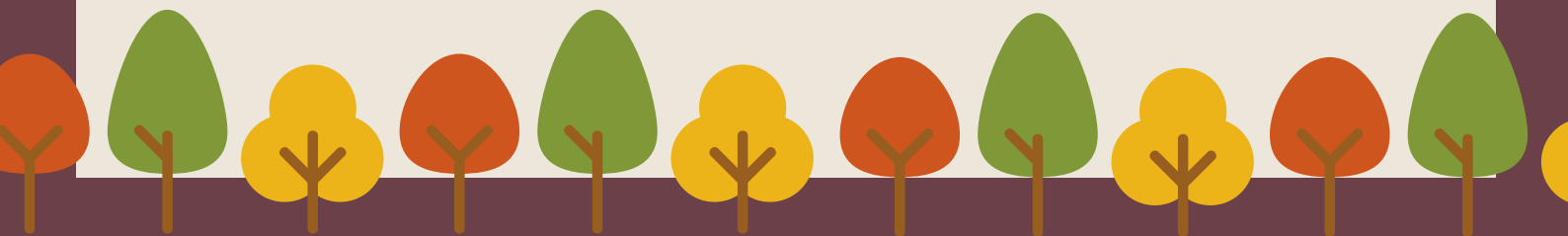
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Notes



Thanksgiving Self-Care

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TAKE YOUR MEDICATION (IF
NEEDED)

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DISTANCE YOURSELF FROM TOXIC
FAMILY.

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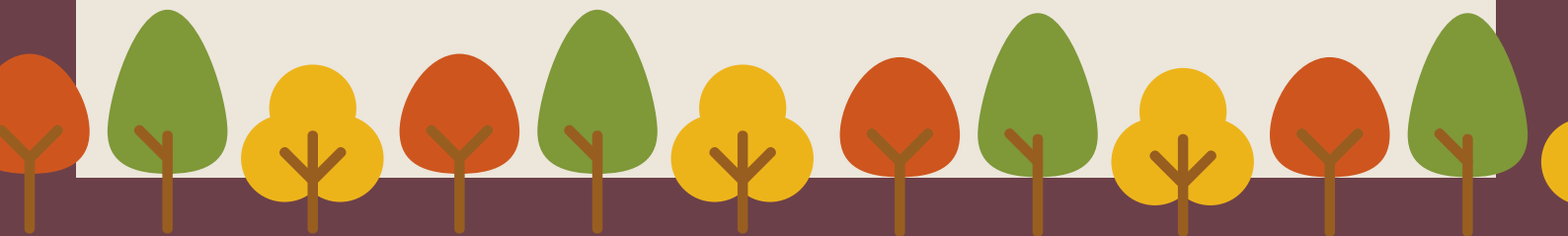
YOU DON'T HAVE TO TALK TO
EVERYONE IN YOUR HOMETOWN.

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GIVE YOURSELF TIME.



Notes



Thanksgiving Self-Care

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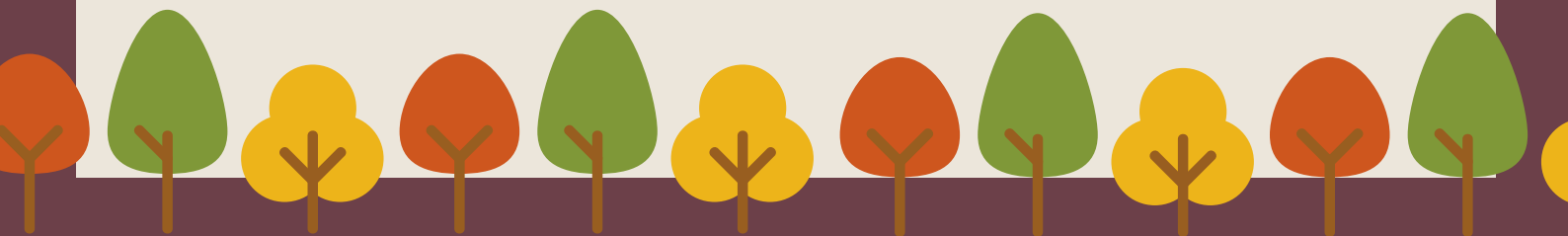
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Notes



Thanksgiving Self-Soothing

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TAKE YOUR FAVORITE BOOK TO
READ

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GO FOR A LONG WALK.

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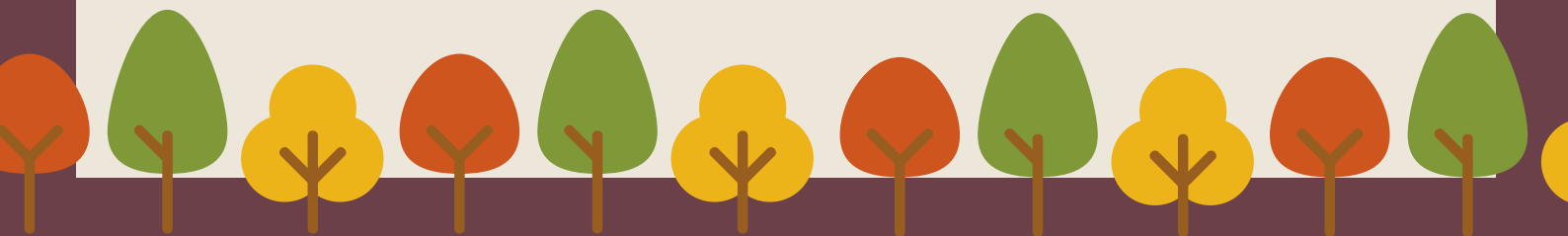
TALK TO SOMEONE YOU LOVE.

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LISTEN TO A PODCAST.



Notes



Thanksgiving Self-Soothing

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Notes

