Holidays, *on my terms.*

Any celebration can bring noise, new routines and pressure. Plan ahead to protect your energy and find joy.

The season at a glance *Shade how much energy each one might cost, 1 to 5.*

EVENT	EVENT	EVENT	EVENT
DATE	DATE	DATE	DATE
ENERGY 1 2 3 4 5	ENERGY 1 2 3 4 5	ENERGY 1 2 3 4 5	ENERGY 1 2 3 4 5

Protect *what keeps me steady*

Routines I'll keep

Sensory plan *noise, lights, crowds, clothes*

Food I can count on

Where I'll take breaks

Enjoy *what makes it worth it*

Traditions I actually love

Ways I want to celebrate

Permission slip

TICK WHAT'S YOURS

- ☐ I can skip events
- ☐ I can wear what's comfortable
- ☐ I can say "I'm not discussing that"
- ☐ I can leave early
- ☐ I can bring my own food
- ☐ I can rest after

Scripts for tricky moments *Words ready ahead of time are easier to reach for.*

When someone asks about _____ *, I'll say* _____

If I need to leave, I'll say _____

If plans change, I'll _____

REFLECT *What would make this season feel softer?*