



DIVORCE & THE HOLIDAYS THRIVING GUIDE

HOLIDAY GUIDE

Navigating the holiday season after divorce can bring to the surface unhealed wounds and create uncertainty, stress and anxiety, in yourself and your children if you have them.

Here are five tips and strategies that you can begin to use right now! The holiday season can be challenging after loss but by using some proven tips your experience can shift in a healthy and enjoyable way.

www.kristendarcy.com

STAY IN TOUCH

kristen@kristendarcy.com
www.kristendarcy.com

HOLIDAY GUIDE

AFTER DIVORCE



Kristen Darcy

Author | Divorce & Family Coach | Speaker



TEN YEARS FROM NOW WILL IT MATTER?

It's **your choice** if you do or don't go all out for the holidays! Let's start by setting your holiday **intention** of being true to YOU! Take your holiday temperature and see what you can and cannot manage. Your choice is not forever. For this holiday season give yourself permission to set your personal holiday intention that is good for you and your children if you have them.

You have a choice to do what is comfortable for your overall health acknowledging your mental, physical, emotional and spiritual wholeness.

WWW.KRISTENDARCY.COM

INCLUDE IN YOUR HOLIDAY GAME PLAN: PLAN A, B & C

There is so much shifting and changing when going through a divorce or after divorce. The sense of loss and if you're dealing with a high conflict personality or Narcissistic ex (with or without children) they thrive on creating chaos and conflict, which might ratchet up during the holidays. Including options for sudden changes happens so that you can pivot and have alternative plans at the ready is crucial. It's our superpower to be thinking two and three steps ahead when we care for others but it might be our personal blind spot. Including different options for yourself and your children is a profound act of self-love and care. Take time to create a thoughtful holiday game plan!

GROUND YOURSELF: REGULARLY AND OFTEN!

Get Outside! Cold or not! Connect with nature and ground yourself in! This will help you be present and open during the most important moments. Ground, breath and settle into your heart.

HOLIDAY ELEVATOR SPEECH

For some it is the questions and also the anticipation of the "those" questions. Having a practiced reply relieves the anxiety and brings in a sense of peace. Short, brief and firm does the trick. "Nice seeing you, I'm (we're) doing!! Hope all is well!" If that example doesn't resonate with you maybe "Focusing on healing and caring for myself and the kids". Or "I have an entire team helping me create a new chapter".

CULTIVATE SOMETHING NEW

Cultivate something New: Creating a Holiday Game Plan brings certainty to a sense of uncertainty. Cultivating something new for you and your children doesn't have to be extravagantly different, it can be simply changing your dinner choices, playing a new board game or creating a holiday gratitude card to each other.

Regardless, if it's your first post divorce holiday or not, being kind and gentle to yourself will ripple out to your children. They feel and know more than we realize.