

MAINTAINING COMMUNITY AND CONNECTION

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Fred Hutch
Cancer Center



▶ WELCOME

EMBRACING CHANGE

Take some time to consider what feels right this year and try to give yourself permission to imagine something different, even for just this year.

Keeping the same traditions with tweaks to respect changes you've experienced.

Shorter visits, taking breaks during events to recharge or rest, reducing the amount of people

Start new traditions to spend more time with loved ones or experience something new.

Some of what you've done before plus some new experiences

Completely 'remodeling' your holiday practices



TOOLS





BILL OF ASSERTIVE RIGHTS



You have the right to offer no reasons or
excuses for justifying your behavior.
You have the right to change your mind.
You have the right to say, “I don’t know.”

YOU HAVE THE RIGHT TO SAY NO,
WITHOUT FEELING GUILTY”

— Manuel J. Smith, When I Say No, I Feel
Guilty: How to Cope - Using the Skills of
Systematic Assertive Therapy

TIPS FOR ASSERTIVENESS

Use "I" statements

Be concise, resist the urge to apologize or over explain. You don't need to give reasons why you're prioritizing your own health and wellbeing.

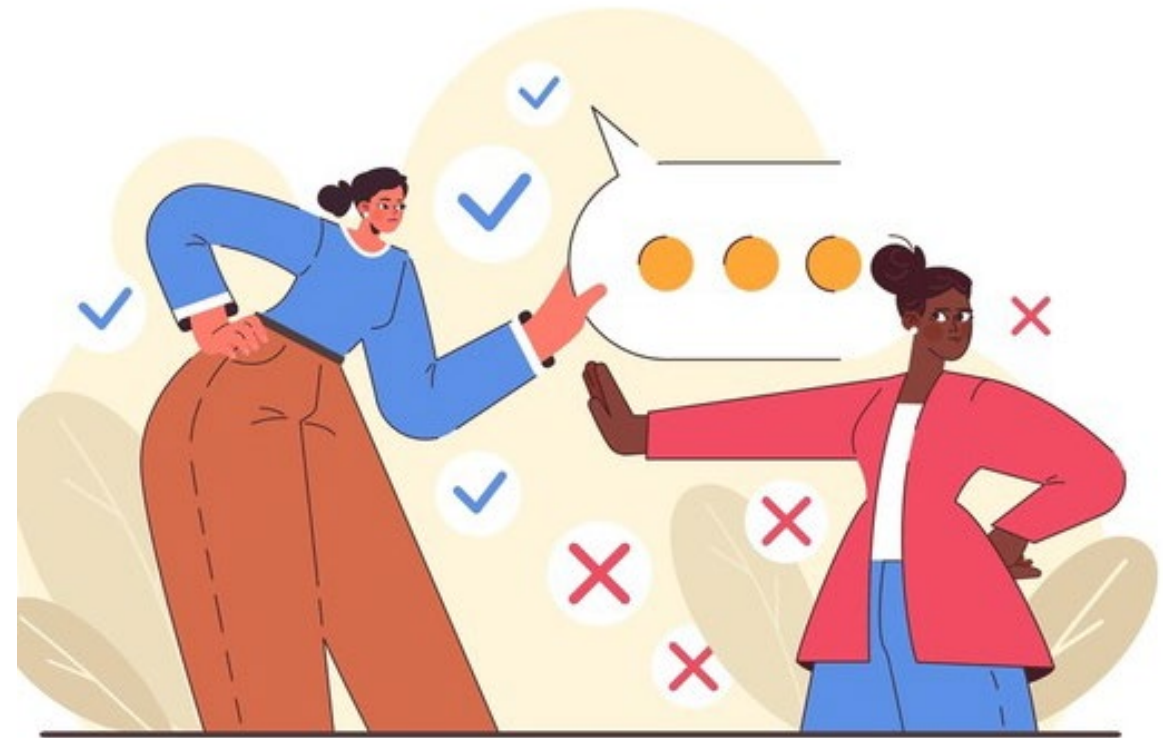
If applicable, include acknowledgement of the person's efforts while describing your needs.

Examples:

"Thank you for the invitation, I always enjoy your gatherings, but this year we're spending more time at home. I hope you have a great time."

"My needs have changed this year, so I won't be hosting a dinner, but I'd still like to see you, do you want to meet for coffee or a walk?"

"I'm working on a new healthy habit, instead of our usual event, would you like to join me for x (activity that's meaningful to you)"





FLEXIBLE THINKING: WHAT DO YOU NEED THIS YEAR?

- ▶ How do you know what you need?
- ▶ Give yourself permission to consider alternatives
- ▶ Check in with yourself, listen to your body, honor your limits
- ▶ Ask “what do I have the energy for today?”
- ▶ Your needs may change from day to day
- ▶ Giving yourself permission for the role you traditionally have taken to shift

SELF CARE: WHAT BRINGS YOU COMFORT AND RELIEF

Examples could include:

Practice gratitude through journaling

Setting boundaries

Practice mindfulness like meditation apps and breathing exercises

Taking breaks

Taking a nap

Connecting with an old friend



FINAL TIPS: IT'S WHAT YOU MAKE IT

What you are
experiencing is real

How you feel matters

What you want/need is
important

Give yourself grace

*How you feel
matters*





THANK YOU WE ARE GRATEFUL YOU'RE HERE

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