

# Planning for Holidays, Travel and Celebrations

Plan for one event or trip. Choose what matters about attending, confirm the arrangements you need, and give yourself an alternative if those arrangements change.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

## Original worked example: a family celebration

| Decision                 | Fictional plan                                    |
|--------------------------|---------------------------------------------------|
| Why I want to go         | Spend time with my cousins at the meal.           |
| What I will say          | No thanks, I am having something else.            |
| Support I have asked for | Alex agreed to meet me outside if I want a break. |
| Travel                   | I have my own return ride arranged.               |
| If plans change          | Leave earlier or meet a cousin another day.       |

### Before an event or journey

- Confirm the date, place, travel and accommodation you need.
- If travel affects appointments or medicines, ask your own provider or pharmacist about arrangements before you go. This sheet supplies no medication or travel-law instructions.
- Ask your chosen support person for a specific task or check-in; confirm they can do it.
- Keep joining details for any planned remote appointment or meeting accessible.
- Decide how you will take a break, leave, or choose another activity if that is what you want.

A specific request helps a trusted person understand what support you want. SAMHSA describes asking for practical help, company or listening rather than assuming someone knows what is needed. [1]

## My event or trip

### What I am choosing and why

Where/when; the part I want to participate in; what I may decline.

### Arrangements to confirm

Care/medicine questions, travel, accommodation, costs or access; who can confirm each.

### Support and words I want ready

A confirmed contact/check-in; one response to an invitation or question. Use AH-R150 for contact details.

### If the plan changes

An alternative activity, route home, or person/service to contact.

### Afterward, if useful

Keep one thing that helped and one arrangement you would change next time. The purpose is preparation, not grading how you handled the occasion.

## Sources and Further Reading

[1] SAMHSA: How to Ask for Help

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>