



Transforming Psychological Trauma Into Nonviolent Power

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Peacebuilding Holiday Self-Care and Resilience Worksheet

Name what you are grateful for during this season of your life:

What brings you joy?

What are you looking forward to before the New Year?

What expectations of "normal" will you adjust/have you adjusted?

Current self-care habits:

Daily:

Weekly:

Occasional/Aspirational:

Name the stress you anticipate during this holiday season:

Personal:

Family:

Work/School:

Social:

How will you take care of yourself over the next few months?

Daily:

Weekly:

During holidays:

After holidays:

Who can you call on to support you?

Someone that listens without judgment:

Someone that makes you laugh:

Mentor/Elder:

Additional self-care ideas to explore:

Founded in 2010, the Minnesota Peacebuilding Leadership Institute is a 501(c)(3) non-partisan public charity nonprofit organization transforming psychological trauma into nonviolent power with positive productive alternatives to revenge.

We prepare individuals, organizations, and communities for truth-telling and repairing harm for healed, just, equitable relationships toward the possibility of reconciliation.

Its mission is to instigate, train, and support racially, sexually, culturally, ethnically, religiously, and economically diverse individuals and organizations to become trauma-informed, resilience-oriented, and restorative justice-focused, empowering communities in Minnesota, the USA, and around the world.

Our vision is making Minnesota the peacebuilding power state for all.