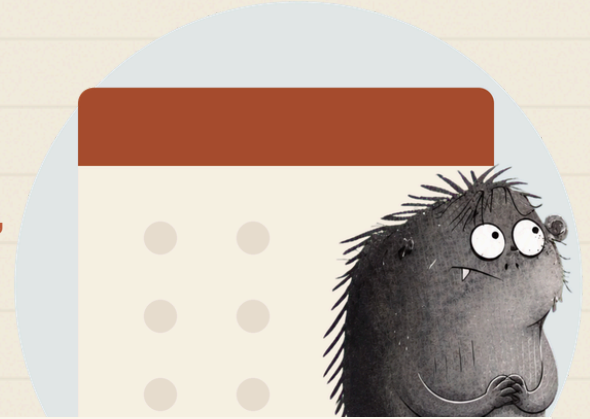


HARD DAYS & SPECIAL DATES

A gentle plan for birthdays, holidays, anniversaries, and meaningful firsts.



SOME DAYS BEGIN BEFORE THEY ARRIVE.

Feelings may show up before, during, or after a meaningful date. Planning cannot decide how the day will feel. It can make a little more room for choice, care, and support.

A GENTLE FOUR-PART PLAN

Take only the parts that help. The plan can change at any time.

1 NAME WHAT IS COMING

Write down the date or occasion. Naming it can make the day feel less like a surprise.

2 NOTICE WHAT MAY BE HARD

Think about routines, places, people, sounds, traditions, or expectations that may carry extra weight.

3 CHOOSE SUPPORT

Pick a person, place, object, signal, or small ritual that could help you feel less alone.

4 LEAVE ROOM TO CHANGE

You may join in, step away, remember, laugh, rest, or do none of those things. Changing your mind is allowed.

A QUIET REMINDER

The goal is not to make the day easy. It is to make sure you do not have to meet it alone.

MY GENTLE PLAN

HARD DAYS & SPECIAL DATES



Fill in only what feels useful. You may skip, cross out, or change anything.

THE DAY OR DATE I AM THINKING ABOUT

I MIGHT NOTICE...

There is no expected feeling.

- | | |
|--|--|
| ☐ sad or tender | ☐ worried or restless |
| ☐ angry or irritated | ☐ quiet or numb |
| ☐ tired or foggy | ☐ distracted |
| ☐ body aches or tension | ☐ something else |

I may also feel okay, joyful, relieved, or more than one thing.

WHAT COULD HELP?

Choose as many or as few as you want.

- | | |
|---|---|
| ☐ know the plan | ☐ keep my routine |
| ☐ change the routine | ☐ take a quiet pause |
| ☐ carry a photo/object | ☐ talk or not talk |
| ☐ make or remember | ☐ have an exit plan |

Something else that might help: _____

MY SUPPORT PLAN

A PERSON I CAN TELL OR BE NEAR

A WORD, SIGNAL, OR MESSAGE I CAN USE

A PLACE I CAN PAUSE

A SMALL WAY I MAY WANT TO REMEMBER

PERMISSION FOR THIS DAY

- | | |
|---|--|
| ☐ I can change my mind. | ☐ I can take part or step away. |
| ☐ I do not have to feel one certain way. | ☐ Support can continue after the date has passed. |