

# GIRD YOUR LOINS FOR THE HOLIDAYS

## WHAT DOES THIS MEAN?

- Gird Your Loins means to prepare yourself for action!
- Holidays include ALL the winter holidays bearing down on us, meaning extra stress!

IN OTHER WORDS, PREPARE FOR THE HOLIDAYS!

## WHAT IS THE OFFER?

- Work with me in short, affordable appointments to make a plan for greater sanity
- 30 minutes for only \$25
- 100% confidential

## WHAT CAN WE TALK ABOUT?

- Identify and process tough situations and relationships
- Explore coping strategies for trauma and grief
- Prepare boundaries and scripts
- Vent frustrations
- Talk through plans and make decisions

...AND MORE!

GO TO [MAPYOURHEALING.COM/HOLIDAYS](https://mapyourhealing.com/holidays)