

PEN down your event plans

Pace yourself

Events	<ul style="list-style-type: none"> • Emotional energy: socializing and seeing family/friends takes energy too. Being mindful and determining limits can be helpful. • Expectations: Set expectations for yourself based on your energy level. For example pace activity to stay within your useable hours or tolerance for individual activity ex. computer time for 10mins. • Restorative rest: Retreat to the coat room for restorative rest and plan to practice your coping/relaxation strategies throughout the event ex. breathing exercise. • Alternate between energy types: cognitive/emotional (e.g. socialising) and physical (e.g. assisting with dishes/ preparation). • Environment: look for quieter areas, sit when possible, change posture or position frequently. • Adapt activity: Try allowing others to come to you, rather than moving around to talk to everyone. Pace or delegate activities you find difficult ex. Lifting or carrying items. • Build in rest: before and after the event. • Prioritising and substitution: Decide what is important to you, try not to add tasks on top of your normal schedule, take a few non-essential tasks out. • Look for energy savers - instead of baking from scratch buy store made and self-decorate, order in a holiday meal, ask guests to bring a side/dessert.
Attending Events	<ul style="list-style-type: none"> • Check in with host: Provide the host with a time frame that you can attend – for example staying for 1 hour. Stick to your limit.
Hosting Events	<ul style="list-style-type: none"> • Plan ahead: make a plan, use to-do lists, delegate tasks to others and break tasks down into smaller parts ex. bake over a few days/weeks prior. • Adapt the party: Plan the ‘party type’ around your needs, ex. sit down gathering instead of a stand-up cocktail party. • Manage expectations – talk to your friends and family about what you can and can’t do, be kind to yourself. Set boundaries for the party duration (6pm-10pm). • Delegate responsibilities to friends and family members (e.g. cousin to be on punch duty, husband to usher/take coats). • Clean – up plan: Strategically place trash bins places to ensure guests tidy as they go and ask every guest to clean up one item before they leave.

Expectations to manage

Speak up	<p>State your needs in behavioural rather than general terms. Example:</p> <ul style="list-style-type: none"> • Let the host know how you've been feeling (ie. fatigued) • Let them know how likely you may be able to stay (ie. 2-3 hours) • Let them know of any accommodations needed (ie. will need a chair) • Be willing to bring your own "comfort" (ie. chair cushion, own food)
Self - Compassion	<ul style="list-style-type: none"> • Acknowledge that you might not be able to accomplish all the tasks you want. • Gratitude practices.
Mindfulness	<ul style="list-style-type: none"> • Mindfulness is bringing <i>caring</i> attention to what's going on in the present moment. That includes what's going on in your body <i>and</i> your mind. • The more awareness you have regarding how you're feeling physically and the more you know how your mind responds to what's happening, the better able you'll be to take care of yourself.

Nutrition tips

Balance	<ul style="list-style-type: none"> • Plan: to get at least 2-3 food groups in each meal. • Try not to skip meals: make sure to eat a balanced breakfast each day. • Eat regular meals: planning to eat every 4 hours during the day is a good starting point. • Variety: try not to eat the same foods all the time. • If you're enjoying a rare special meal, perhaps you don't need to be concerned about the nutritional value of the food that day. • If you're being offered many foods outside of your regular eating pattern, over an extended period of time, maybe you want to think of having alternatives available.
Moderation	<ul style="list-style-type: none"> • Listen to your hunger and fullness cues and eat mindfully. • Choose a smaller portion of each food if there is many options to choose from. • Use a smaller plate if you like the idea of having seconds. • Practice eating mindfully now. Listen to your hunger and fullness cues. • Start to fill your plate with vegetables and protein first and then smaller portions of starches.
Energy savers	<ul style="list-style-type: none"> • Consider grocery and meal delivery. • Use kitchen tools wisely, crock pots, etc. • Consider a catering service for special meals. • Plan ahead: the freezer is your friend.
Alternatives	<ul style="list-style-type: none"> • Festive drink idea: Sparkling water with a bit of fruit juice and fruit
	<ul style="list-style-type: none"> • Party foods: Fancy mixed nuts and cheeses, special fruit you wouldn't normally buy due to price, other special foods like caviar, oysters, olives, etc.
	<ul style="list-style-type: none"> • Salty rich fatty foods: Flavour foods with herbs, spices, and peppers, Include healthy fats in each meals.