The Harlem Clubhouse
A Phoenix House NY Program

COPING SKILLS
Holiday Edition

Maintaining a Routine

Keeping consistent daily activities – meals, sleep, medication & self care – to support emotional stability.

Grounding Techniques & Sensory Coping Tools

Simple is key → using practices like deep breathing, listening to soothing music, or aromatherapy can help manage overwhelm during holiday gatherings.

Staying Connected to Supportive People

Reaching out to trusted staff, peers, family and friends to reduce isolation and feel supported! Especially during high-stress days.

Identifying and Avoiding Triggers

Recognizing situations, environments, or interactions that may increase stress, and using safety plans or coping activities to manage them.

Accessing Professional or Peer Support

Attending groups, therapy sessions, or community meetings. Utilizing supportive communities (like the Harlem Clubhouse!) that offer connection, structure and support.

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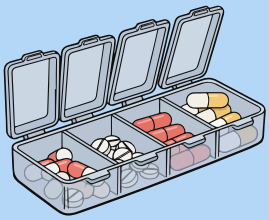
COPING SKILLS *continued...*

Creating a Personal Holiday Plan

Having a simple plan for the day - where to be, what to do, who to call - helps reduce uncertainty, stress & decision fatigue.

Practicing Medication & Wellness Adherence



Taking medications as prescribed, attending scheduled appointments, and checking in with treatment providers helps maintain stability during an emotionally charged season!

Engaging in Meaningful Activities

Arts and crafts, volunteering, listening to music, journaling or physical activity helps give us a sense of purpose and helps regulate our mood.

Taking "Quiet Breaks"

Stepping away from noise, crowds or overstimulating environments to a calm, safe space can be essential for grounding and re-centering.

Practicing Self-Compassion

Acknowledging our feelings without judgement, recognizing our strengths, and giving ourselves permission to rest or say "no thank you."

LOVE yourself

Stay Safe this Holiday Season!

Love, Harlem Clubhouse