

New Year prep

Emotionally looking ahead



We have dealt with many unexpected events over the last few years. The pandemic has meant that planning can be challenging. This practical tool can help you consider events or situations that are important to you over the next year.

Here are some examples:

Moving to a
new school

Exams

Anniversary
of a bereaved
loved one

Holiday
abroad

Bigger social
events

Event/situation	How do they make me feel	What is in my control to help me	Who can I go to for help or support?