highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas





Make a plan ahead of time.
Decide what you'll do that day (meals, calls, activities) so the hours don't feel heavy or directionless.

highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas

9 AM

10 AM

11 AM

Noon

1 PM

2

HighFunctioningBlackGirls

Schedule at least one connection point!
It can be a friend, group gathering, volunteer shift, or virtual meet-up. Loneliness hits harder without structure.

Girlsmas ??? 🎄

Today Calendars Inbox



highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas

9 AM

HighFunctioningBlackGirls

10 AM

11 AM

Noon

Prepare a meal that feels comforting!
Whether you cook or order - hunger + emotions don't mix. Choose something you'll enjoy.

1 PM

2 PM

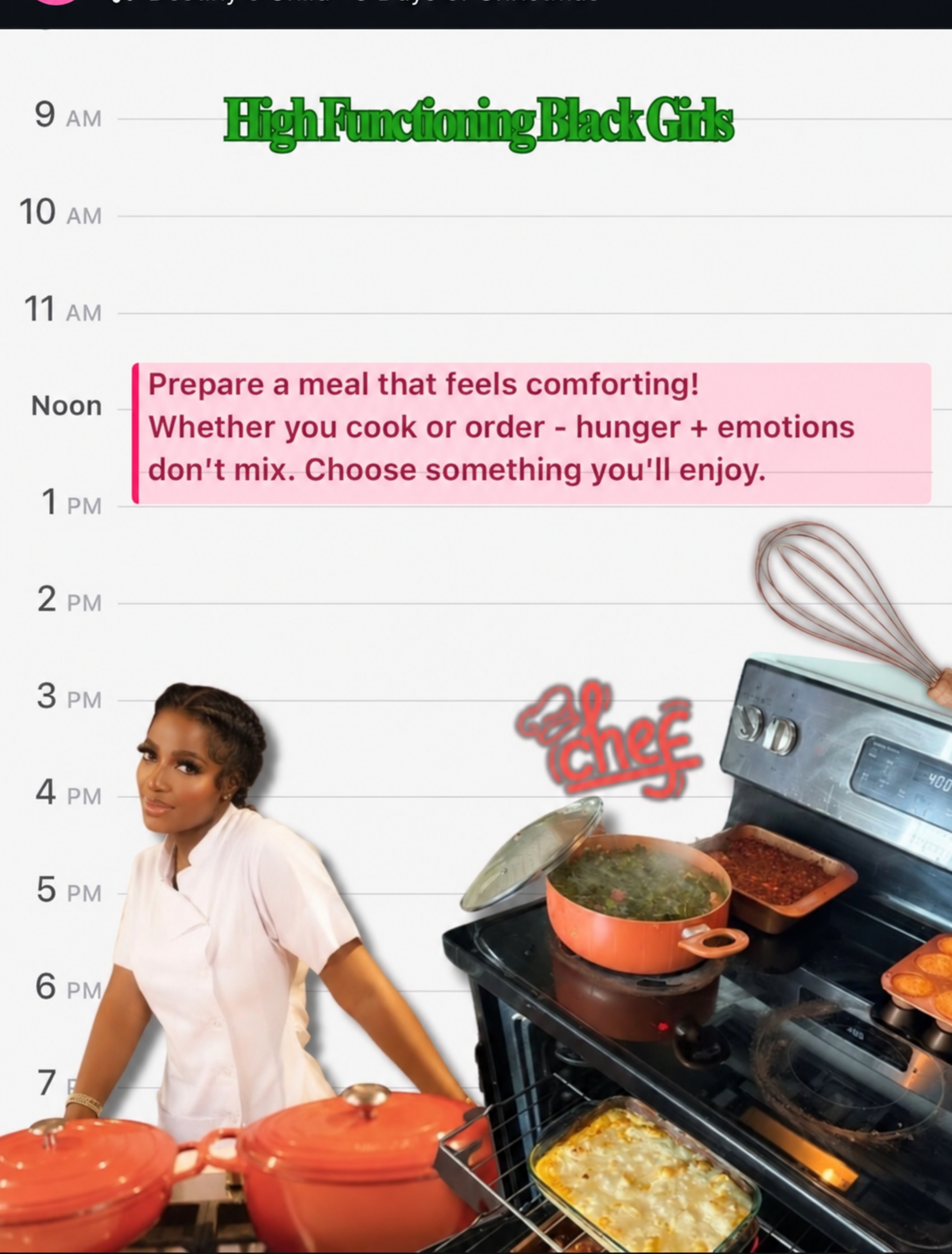
3 PM

4 PM

5 PM

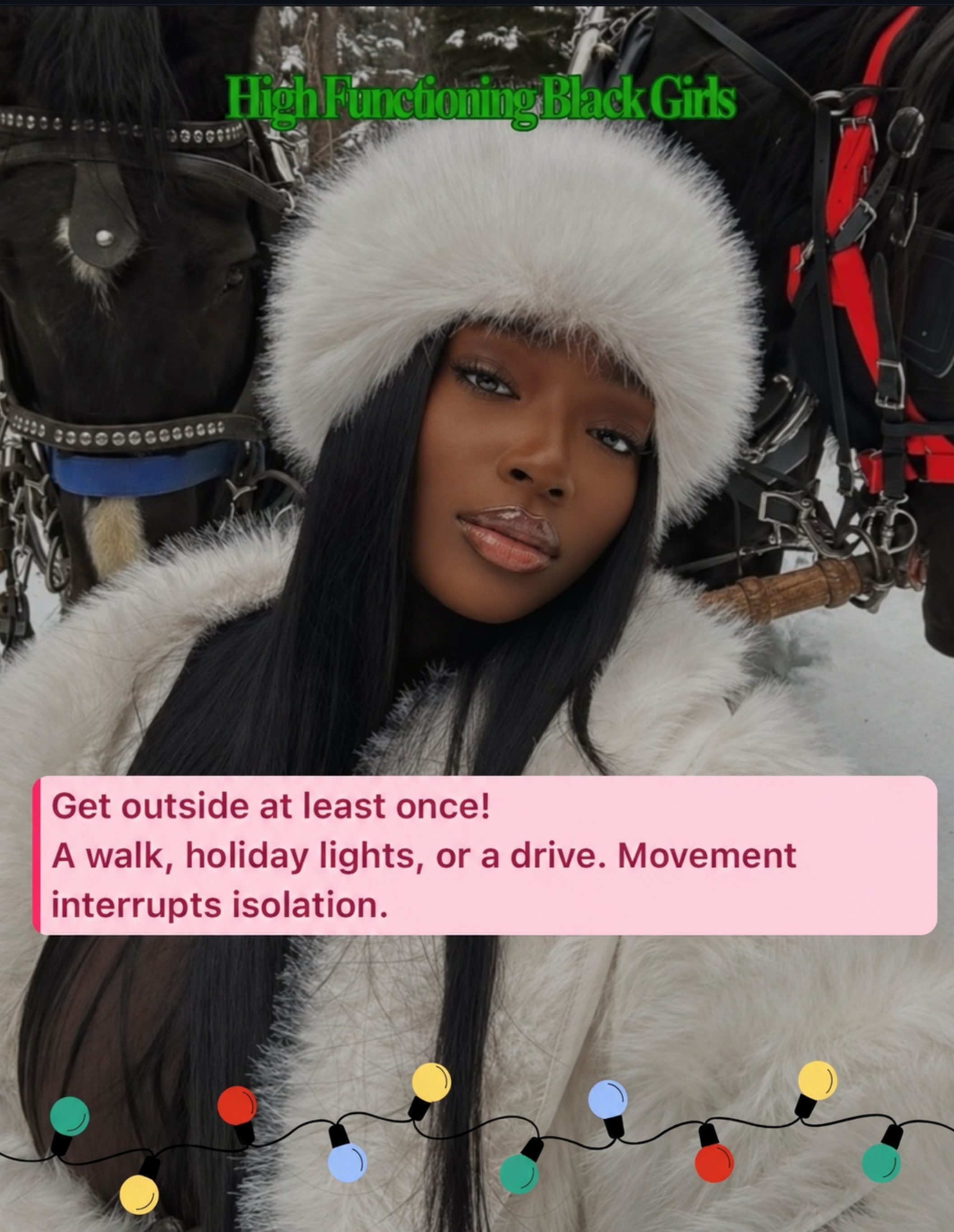
6 PM

7 P



highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas



Get outside at least once!
A walk, holiday lights, or a drive. Movement interrupts isolation.

highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas

11 AM

High Functioning Black Girls

Noon

1 PM

2 PM

Identify potential triggers in advance.
If calls or social media drain you - set boundaries before the day starts.

3 PM

4 PM

5 PM



highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas

9 AM

HighFunctioningBlackGirls

10 AM



11 AM



Noon

1 PM

2 PM

3 PM

Create an "emergency support" list.
List three people you can text if you start to spiral.
You don't need to do the hard moments alone.

4 PM

5 P





highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas



highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas

9 AM

10 AM

11 AM

Noc

1 P

2 P

4 PM

5 PM

HighFunctioningBlackGirls

NETFLIX

Set a wind-down ritual.
Warm shower, candle, cozy show — a predictable ending keeps your nervous system calm.

highfunctioningblackgirls

Destiny's Child · 8 Days of Christmas



If you end today calm and cared for, that's a successful holiday. 🤎