

# Monthly Drop-In Session

## Planning for My MAiD Day

Practical considerations and preparations leading up to the day.

### Drop-in Session: Preview

Join us for a session focused on self-care and preparation for your MAiD journey. Discover effective self-care practices and coping strategies to navigate this challenging time. Explore how to prioritize self-care as you prepare for your MAiD day.



#### 1 Activity

Participants will engage in a guided visualization exercise to prepare for their MAiD day.

Here's how the activity will unfold:



#### 2 Activity: Instructions

1. Find a comfortable position, close your eyes, and take deep breaths to relax.
2. Visualize your MAiD day: the surroundings, atmosphere, and emotions.
3. Picture engaging in comforting activities and reflect on preparations made.
4. Focus on finding moments of serenity and acceptance.
5. Slowly open your eyes when ready.

#### 3 Activity: Worksheet

- What did you envision during the visualization?
- How did it make you feel?
- Any surprises or insights?
- How can you incorporate aspects of this day into your preparations?

Our monthly drop-in sessions provide a supportive environment for individuals to connect with others who understand their experiences. Each session focuses on a specific theme and includes activities designed to promote healing and self-expression.