



Sorry I Won't Be Home for the Holidays...

Thank you so much for inviting me this holiday season. Unfortunately, I won't be able to make it. As you know, I live with _____, (health condition) which includes symptoms like _____ (symptoms that make it hard to travel).

I won't be able to travel this year because _____ (reason you won't be traveling), and I need to take care of my health. When I travel, it can be challenging for me, like how _____ (more info you want to share on how your condition affects your decision).

I often think about it like this. Most people start their day with a full battery charge but because of _____ (health condition or symptoms) I start most days with my battery at _____ percent. For each activity I do, it takes away _____ percent of my (number) battery. After _____ (what uses up your energy), I only have _____ percent (number) battery left and I need to rest and _____ (other self-care you need to recharge).

I don't have enough battery power to make a big trip this year so I won't be traveling for the holidays. I really appreciate the invite and I hope we can _____ instead soon. Happy Holidays!
(alternate ways to connect besides traveling, i.e. phone call)