

THE INVISIBLE ILLNESS CLUB



AN Enough CHRISTMAS

A gentle companion for women
carrying more than they can
this season.



*Same heart.
Different season.* 



REAL LIVES | GENTLE HOPE | YOU BELONG HERE

Before We Begin

Christmas can hold things you love and things you can barely carry.

Maybe your body needs more rest. Maybe you are grieving, caring for someone, or already tired before the season begins.

You do not have to prove your love through exhaustion. Your faithfulness is not measured by how much Christmas you produce.

You can want a meaningful season and feel sad about what has changed.

Use these pages a little at a time. A few words are enough.



What do I want to remember?

Choose up to three things. One is enough.

1. _____
2. _____
3. _____



What Can I Set Down?

Something can matter to you and still cost more than you can carry right now.

What matters to me

What feels too costly

Consider preparation and recovery, not just the event itself.

Choose one thing to change.

Simplify it. Ask for help. Move it to another day. Or let it go for this year.

The expectation I want to change:

My smaller plan or request for help:



My Enough List

This year...

I WILL...



I MIGHT...

I'M LETTING GO...



You can change this list when your capacity changes.

Boundary Scripts

Words you can borrow and make your own.

When you need to decline

Thank you for including me. I won't be able to come this year. I hope you have a lovely time together.



When you need a smaller plan

I can join for an hour, but I can't bring food this time. I'll need to head home after that.



When a tradition needs to change

I'm not able to host this year. Would someone else like to host? If not, we'll need a simpler plan.



If someone keeps asking:

I understand you're disappointed. This is what I'm able to do.



The words I want to use:



Permission for This Christmas

You have permission...

- ♥ to celebrate differently.
- ♥ to ask for help and receive kindness.
- ♥ to leave some things undone.
- ♥ to rest, laugh, and grieve.
- ♥ to change a plan when your needs change.



When Guilt Shows Up

Their disappointment does not automatically mean your decision is wrong.

You can miss how Christmas used to be and still care for yourself in this one.



A Prayer for This Season

Jesus, you know what I hoped this Christmas would be and what I can carry today. Help me choose with love and honesty. Give me courage to ask for help, room to grieve, and openness to joy when it comes. When guilt returns, help me receive your grace. Amen.

You don't have to carry this alone. ☆

♥ Hi, I'm April. ☆

I'm the creator and host of The Invisible Illness Club, a podcast and community for women navigating chronic illness, grief, faith, and life in a body that can be hard to live in.

I make space for honest conversations about the things we often carry quietly: exhaustion, changing plans, identity, rest, and the ache of feeling misunderstood.

You belong here. ✨

The Invisible Illness Club is rooted in Christian faith, with room for questions, grief, laughter, and hope. You do not have to make your pain sound prettier or pretend you are fine.

Through the podcast, newsletter, and gentle resources like this one, my hope is to help you feel understood, supported, and less alone.

✨ *Honest faith for the hard, invisible days.* ✨

Come listen, read, and find more support:
theinvisibleillnessclub.com

You don't have to carry this alone. ♥

