

Coping with Holiday Stress Worksheet

Use these nine strategies to lessen stress and reduce the Holiday from setting in!

1. Let go of unrealistic expectations.

- You can't recreate the past.
- You can't have the perfect holiday.

One thing I would like to have happen this holiday season that probably won't is:

2. Acknowledge and express your feelings honestly.

- Give yourself permission to feel a sense of loss due to changes in your life/world.

One thing I'm feeling today as the holidays are approaching is:

3. If you tend to isolate, try to keep busy instead.

- Invite others to get together.
- Stay active. Get out. Go for a walk.

One friend or group I could get together with is:

4. Don't expect issues with others to disappear just because it's the holiday season.

- If possible, reduce the amount of time you plan to spend with difficult family members or friends.
- Keep expectations realistic and try to let go of past conflicts and resentments.
- Respect and support each family member's choices about participating in family events and allow for changes in plans and traditions, when possible.

One positive and supportive family member or friend I will spend time with is:

5. If you are struggling with loneliness or are facing the loss of a loved one, find support.

- Spend time with people who care about you.
- Volunteer to help others.
- Always seek support if you need it. (www.anthemEAP.com Login: MMEHT)

One activity I will do to deal with loneliness or loss is:

6. Prepare for the extra insanity.

- Eliminate anything unnecessary from your schedule.
- Do something for yourself. Spend time relaxing or doing something you enjoy.

One stressful activity I can abandon is:

One relaxing and rejuvenating activity I can enjoy is:

One special thing I will do for myself is:

7. Re-evaluate your holiday traditions.

- Are some things too stressful and time consuming? Can you eliminate them?

One "tradition" I may need to give up is:

8. Beware of over-indulgence.

- Eat, drink and spend in moderation.
- Increase physical activity.
- Set spending limits.

I will spend no more than \$_____ per person on gifts.

*One way I will increase my physical activity is to _____
for _____ minutes per day*

9. Remind yourself of the true meaning of the holidays that you celebrate.

- Focus on what is most important to you about the holiday season.

This year I will remind myself of the importance of:
