

# Holiday Stress Worksheet

1. What specific sources of stress do you anticipate experiencing during the holidays? Write about how these stressors have impacted you in the past and how you would like to handle them differently this year.

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2. Reflect on your personal values and priorities. How can you align your actions and choices during the holiday season with what truly matters to you? Consider ways to focus on meaningful connections, self-care, and creating joyful experiences.

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3. Describe any unrealistic expectations you might have for yourself or others during the holidays. How can you let go of these expectations and cultivate more realistic ones? Explore strategies for setting boundaries and managing others' expectations.

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4. Write about the role of self-care during the holidays. What activities or practices help you feel recharged and balanced? Make a list of self-care practices you would like to prioritize and create a plan to incorporate them into your holiday routine.

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5. Consider your support system and social connections. Who are the people you can turn to for support during stressful times?

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6. Explore your relationship with money and gift-giving. What are your beliefs and attitudes towards spending during the holidays? How can you manage financial stress and find alternative ways to show love and appreciation for others?

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7. Write about moments of joy and gratitude that you've experienced during past holidays. Reflect on the small pleasures and meaningful connections that bring you happiness. Consider how you can create more of these moments throughout the holiday season.

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