

# Holiday Mental Health Journaling Prompts

**1. Expectations and Pressure:** Reflect on the expectations you have for the holiday season and any pressures you may be feeling. How do these expectations impact your mental well-being? How can you manage or adjust these expectations to reduce stress?

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**2. Gratitude and Joy:** Write about moments of gratitude and joy during the holidays. What aspects of the season bring you happiness? How can you cultivate more moments of joy and gratitude during this time?

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**3. Coping with Stress:** Explore your strategies for managing holiday-related stress. What coping mechanisms have been effective for you in the past? Are there new approaches you'd like to try this year?

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**4. Boundaries and Self-Care:** Consider how you can establish healthy boundaries and prioritize self-care during the holiday season. What activities or practices help you feel grounded and supported during potentially overwhelming moments?

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**5. Reflection and Closure:** Reflect on the year that's coming to an end. What significant experiences or lessons have you learned? Are there aspects of this year you'd like to find closure with as you enter the new year?

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**6. Managing Family Dynamics:** If family gatherings are part of your holiday experience, consider how you navigate family dynamics. How do you maintain your well-being and set boundaries while celebrating with loved ones?

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**7. Loneliness and Connection:** If you experience feelings of loneliness during the holidays, acknowledge these emotions. How can you seek connection or support during this time? Are there ways to engage in meaningful activities or reach out to others for support?

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**8. Setting Intentions:** What intentions do you have for your mental and emotional well-being during the holiday season? How can you honor these intentions and stay attuned to your needs?

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