

HOLIDAY STRESS REMEDY WORKSHEET

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You have influence over the stress of your holiday through what you decide, what you do, and what you do not do. When you realize that not deciding is a decision, you can acknowledge that either way you will be deciding, doing and not doing. And the holiday is going to happen either way or not. This exercise is designed to help you take more control over how the holiday goes by making this a conscious effort.

Think of this as if you are packaging a present you give yourself that helps us giving. Inside your present are your central beliefs about what is most important during the holidays. Decide what attitudes best reflect those central beliefs.

The package has four compartments that support your gift: problem solving, planning, self-care and to do not do. This is your behavior—what you do and what you do not do—that enables you to live by your central belief and to do so with a good attitude. The how and/often represent what you love about the holidays, this is what makes it meaningful for you.

The sentences below are a way for you to explore your answers to the questions: What are your central beliefs, what attitudes do you need to result in, what helps you take care of yourself, what planning do you need, what problems do you need to solve, what do you love to not do.

My central beliefs about the holiday are...

I am at my best when I have an attitude that is...

My best self-care behaviors are...

My best planning strategy includes...

I ~~WANT~~ these things about the holidays...

Problem solving ideas...

My best behavior with family & friends...

My best money behavior...

My best time management strategies...

Do not...

These are among my favorite things I love about the holidays...