

# HOLIDAY STRESS PREVENTION CHECKLIST

## Directions:

The holiday season is supposed to be a time of warmth and good cheer, but for most of us, the good feelings are mixed with many other feelings as well. The holidays are of course accompanied by the change in the light and the weather, and for some people this will predictably trigger depression and other emotional problems.

Being prepared can help. Make copies of this checklist and use it every day to build your resiliency skills and to think about the practical things you can do help you with the stress of the holidays as well as with the changing season.

<b>Daily Stress Prevention Goals</b> Check these off as you complete them each day	M	T	W	Th	Fr	Sa	Su
Exercise for at least 15 minutes a day. Even a brisk walk will do.							
Eat well. Don't worry about "dieting" but rather concern yourself with healthy eating habits.							
Show compassion for yourself and others.							
Take 15 minutes a day just to relax. Meditate, do yoga, listen to quiet music, get a neck or back massage, or breathe slowly and deeply.							
Laugh. Watch a TV show or YouTube video you think is funny, read a joke book, or hang out with people you find fun.							
Set priorities for the day. Do the most important things first.							
<i>Other ideas that can help you feel less stressed</i> _____							
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## **Things You Can Do Anytime:**

- \_\_\_ **Be creative in your gift giving and give things that show you care, rather than how much you are willing to spend.**
- \_\_\_ **Spend fun time with family and friends playing games, going for walks, or just talking.**
- \_\_\_ **Look for ways to reduce the things that normally stress you out. For example, have other people help you prepare meals rather than doing it yourself.**
- \_\_\_ **Keep your shopping under control. Set a budget for yourself and don't give in to impulse buying.**
- \_\_\_ **Focus on the positive things in your life.**
- \_\_\_ **Identify tasks you can share or get help with.**
- \_\_\_ **Say 'no' gracefully to unreasonable demands or obligations that cause stress.**
- \_\_\_ **Find someone to talk to—either a professional or a friend—when you are feeling overwhelmed.**
- \_\_\_ **Don't expect things to be perfect. Be aware of unrealistic expectations for yourself or others.**

**Other things you can do to keep yourself calm and happy:**

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