



Coping with Holiday Stress Worksheet

Please create a plan of tasks/chores/objectives that you think you need to complete or prepare for during the holidays.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now go through the list and think of the following questions:

Where can I ask for help?

Is this realistic to complete during the holidays?

Is this overextending myself?

Am I taking time for myself?

Do I have time for healthy habits?

