

# Understanding HOLIDAY STRESS

Dihmes & LaPenna, 2021

How do the holidays make me feel? \_\_\_\_\_

What do I really want out of the holidays? \_\_\_\_\_

How do I care for myself physically, emotionally, and spiritually during the holidays? \_\_\_\_\_

What do I think is the most important part of this season? \_\_\_\_\_

How can I balance my wants and needs and the wants and needs of others? \_\_\_\_\_

What is at stake if things don't go the way I planned during the holidays? \_\_\_\_\_

Who am I trying to impress? Whose standards am I trying to fulfill? \_\_\_\_\_

If I am giving gifts, do I really want to make that person happy, or am I doing it as an obligation? \_\_\_\_\_

How much energy am I willing to put into gift giving or hosting? \_\_\_\_\_

How do I manage stress during the holidays? \_\_\_\_\_