



Managing Holiday Stress



The holidays can be a stressful, anxiety-inducing time for some people. Use the worksheet below to help you identify your stress triggers and note ways you can relieve your symptoms of anxiety.

How are you feeling about the upcoming holiday season? What are some things you can do to take care of yourself?

What I'm Feeling:

Example: Scattered

Why am I feeling this way?

Example: I have too much to do

What did I learn from last year's holidays?

Example: Learning to delegate

How I can cope:

Example: Enlist others to help

If you feel overwhelmed by holiday stress or anxiety, consider reaching out for professional support at 833-878-7864.