

WORKSHEET: PRIORITIES FOR THE HOLIDAY SEASON



TO REDUCE STRESS AND INCREASE ENJOYMENT

As you go through the questions below there may be differences of opinion. Take the time to work through them to come up with a set of priorities and plans together. This alone can significantly reduce stress.

Looking back at previous holiday seasons, what things were the most enjoyable and meaningful? What made them that way?

Be sure everyone has a chance to contribute to this.

What things caused the most stress and perhaps conflict? person or was it experienced by others?	Was the stress primarily on one

Are there things any of you would like to include in your holiday celebrations that haven't been part of them recently, or ever?

Based on the above considerations, what key things (you may want to set a number) do you want to include that will be enjoyable and fulfilling for you and for others?			

Are there activities that you want to continue but simplify? How?			

W hat self-care strategies can you insert into the holiday season that will decrease stress for you? How about for others?					

ADDITIONAL NOTES: