

Coping

During the Holidays



Check what you would traditionally do with a (T) and what you would do this year with a (W). Share this with your family or have them to do one of their own and compare notes.

Holiday Cards

- ☐ Mail as usual
- ☐ Shorten my list
- ☐ Include a "Holiday Letter"
- ☐ Skip this year

Shopping

- ☐ Shop as usual
- ☐ Give cash
- ☐ Shop online
- ☐ Shop early
- ☐ Make my gifts
- ☐ Give baked goods
- ☐ Shop with a friend
- ☐ Ask for help wrapping gifts
- ☐ Wait until later to exchange gifts
- ☐ Make a list of gifts before I go out

Decorations

- ☐ Decorate as usual
- ☐ Modify my decorations
- ☐ Ask for help
- ☐ Let others do it
- ☐ Make changes, make decorating easier
- ☐ Have a special decoration for your loved one
- ☐ Eliminate the tree or other decorations

Holiday Dinner

- ☐ Prepare as usual
- ☐ Go out for dinner
- ☐ Invite friends over
- ☐ Eat alone
- ☐ Change time for dinner
- ☐ Change routine for dinner, make it easier
- ☐ Eat in a different room for dinner
- ☐ Ask for help

Traditions

- ☐ Keep the old traditions
- ☐ Attend holiday parties
- ☐ Don't attend holiday parties
- ☐ Go to a new place
- ☐ Bake the usual holiday foods
- ☐ Buy the usual holiday foods
- ☐ Bake with modifications
- ☐ Go to a religious service
- ☐ Do not attend a religious service
- ☐ Attend a religious service at a different time
- ☐ Spend quiet time alone
- ☐ Visit the cemetery
- ☐ Open gifts on holiday eve
- ☐ Open gifts on holiday day

