

Managing Holiday Stress Quiz

Managing Holiday Stress



A WAP Program
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This quiz consists of questions designed to help you self-assess your comprehension of the information presented on the topic of Managing Holiday Stress. Each question in the quiz is of multiple-choice or "true or false" format.



1. True or False? Declining party invitations is not an option?
 - a. True
 - b. False
2. Common causes of holiday stress include money issues, high expectations and _____.
 - a. Turtle doves
 - b. Family and in-laws
 - c. Mistletoe
3. Which of the following is the best option for easing the pressure of holiday preparations?
 - a. Indulging in icing-covered pastries
 - b. Working even harder to recreate your grandmother's recipe
 - c. Watching a funny holiday movie or relaxing with people you appreciate
4. True or False? Some holiday traditions are continued out of habit, not enjoyment.
 - a. True
 - b. False
5. Which of the following options can help someone coping with loneliness around the holidays?
 - a. Volunteering
 - b. Impulse buying
 - c. Overbooking activities
6. Which of the following is the best way to avoid being overwhelmed?
 - a. Consolidate activities
 - b. Say no graciously
 - c. Both a and b
7. True or False? Having someone to talk to about your stress can be helpful.
 - a. True
 - b. False

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Holiday Traditions Worksheet

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Provide your responses to the following holiday tradition questions.

Remember: Just because they asked for it, does not mean we have to get it for them. Just because our holidays weren't great when we were children, does not mean we need to make up for lost time. It is worth asking ourselves, if we could really just have one thing this holiday, what would we ask for?

1. What went well last year? What activities made the season special? Did you make changes that made the holiday more organized?
2. What stresses did you face last year? Were there too many activities on the calendar? Did you take enough time to relax?
3. What would you have done differently last year?



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Holiday Weekly Menu Planner

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	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes (shopping list, recipes, etc.):

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Tips to Manage Holiday Stress



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Evaluate Your Expectations

- Take time to reflect on the past and plan for the future
- Consider making new traditions based on the way things are now
- Make choices consistent with your values

How can you help others be more joyful? Is this a gift you can give them?

Try cooking, growing, or making your own hand-made gifts.

Financial Factors

- Create a budget and shopping list for gift-giving based on what you can truly afford
- Take your gift list out with you to control impulse buying
- Make No-Gift agreements with some people in

Consolidate activities: Spend time with your friends while shopping together or by inviting them over to bake or decorate.

Take Charge of Your Time

- Eliminate stressful and unnecessary obligations
- Shop online to avoid traffic, crowds, and temptations
- Decline social events when your plate is full

You can say, "Oh I'm so sorry to have to miss that this year!" without justifying or making excuses.

Coping with Loss and Loneliness

- Volunteer your time to charity
- Plan fun activities for yourself and with friends
- Reach out to old friends or in new directions

It can be difficult to deal with holiday traditions without our loved ones. Access free and confidential counseling through your EAP.

Take Care of Yourself Emotionally

- Identify your support system
- Be proactive, not reactive
- Acknowledge and express your feelings honestly
- Give yourself breaks from the hustle and

Develop your own positive, giving attitude about what you are really celebrating.

Don't let yourself break all your rules, thinking you'll pick them up again after the new year.

Watch Your Weight

- Maintain your physical activity regiment
- Watch portion sizes at holiday banquets
- Substitute traditional recipe ingredients with healthier options

Ever cooked with coconut oil? You won't know what great things it can do for your digestive system until you try it!