

COPING WITH THE HOLIDAYS CHECKLIST

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

HOLIDAY CARDS

- ☐ Mail as usual
- ☐ Shorten your list
- ☐ Include a "holiday letter"
- ☐ Elect to skip this year

DECORATIONS

- ☐ Decorate as usual
- ☐ Modify your decorations
- ☐ Ask for help
- ☐ Let others do it
- ☐ Make changes
- ☐ Eliminate the decorations this year

SHOPPING

- ☐ Shop as usual
- ☐ Give cash
- ☐ Shop through catalogs
- ☐ Ask for help
- ☐ Shop early
- ☐ Make your gifts
- ☐ Give baked goods
- ☐ Shop with a friend
- ☐ Do not give gifts this year

HOLIDAY MUSIC

- ☐ Enjoy as usual
- ☐ Avoid turning the radio on
- ☐ Shop early before stores begin to play holiday music
- ☐ Listen to it, have a good cry
- ☐ Allow yourself to feel sad

TRADITIONS

- ☐ Keep the old traditions
- ☐ Attend holiday
- ☐ Don't attend holiday parties
- ☐ Go to an entirely new place
- ☐ Buy/Bake the usual foods
- ☐ Buy/Bake, but modify what you usually do
- ☐ Attend religious services
- ☐ Do not attend religious service
- ☐ Attend the religious service but at a different location
- ☐ Visit the cemetery
- ☐ Take a vacation

HOLIDAY MEALS

- ☐ Prepare as usual
- ☐ Go out for meals
- ☐ Invite friends over
- ☐ Eat alone
- ☐ Change time of your gathering
- ☐ Change location of your gathering
- ☐ Ask for help

POST HOLIDAY & NEW YEAR'S

- ☐ Spend as usual
- ☐ Take decorations down early
- ☐ Go out of town
- ☐ Avoid New Year parties
- ☐ Host a New Year party
- ☐ Get together with small group friends
- ☐ Talk with friends about your hopes
- ☐ Go to a movie
- ☐ Go to bed early