

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.

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, such as: an artificial tree
- Have a special decoration for your loved one
- Eliminate decorations

Shopping

- Shop as usual
- Give cash
- Shop through catalogs
- Ask for help
- Shop early
- Make your gifts
- Give baked goods
- Shop with a friend
- Ask for help wrapping gifts
- Do not exchange gifts now, but perhaps later
- Make a list of gifts you want before you go out

Holiday Music

- Enjoy as usual
- Avoid turning off radio when on
- Shop early, before stores have holiday music playing
- Listen to it, have a good cry and allow yourself to feel sad

Traditions

- Keep the old traditions
- Attend holiday parties
- Don't attend Holiday Parties
- Go to an entirely new place
- Bake the usual holiday foods
- Buy the usual holiday foods
- Bake but modify what you would usually do
- Go to a religious service
- Do not attend religious services
- Attend the religious service but at a different time
- Spend quiet time alone
- Visit the cemetery
- Open holiday gifts at a different time/ in a different way
- Open holiday gifts at the same time/ in the same way

Holiday Meals

- Prepare as usual
- Go out for dinner
- Invite friends over
- Eat alone
- Change time of dinner
- Change routine, such as, this year do a buffet
- Change location, eat in a different room or place
- Ask for help

Post-Holiday and New Year's Day

- Spend as usual
- Remove holiday decorations early
- Go out of town
- Avoid New Year's parties
- Have a New Year's party
- Spend time with only a few friends
- Write in your journal you hope for the new year
- Go to a movie