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, such as: an artificial tree instead of a real one
___ Have a special decoration for your loved one
___ Eliminate the tree or other 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 the radio on
___ Shop early before stores have holiday music on
___ 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 the religious service
___ Do not attend religious service
___ Attend the religious service but at a different time
___ Attend a totally different religious service
___ Spend quiet time alone
___ Visit the cemetery
___ Open gifts on holiday eve
___ Open gifts on holiday day

Holiday Dinner
___ Prepare as usual
___ Go out for dinner
___ Invite friends over
___ Eat alone
___ Change time of dinner
___ Change routine of dinner, such as, this year do a buffet
___ Change location of dinner, eat in a different room
___ Ask for help
Post Holidays

___ Spend as usual
___ Remove holiday decorations early
___ Go out of town
___ Avoid New Year’s parties

___ Attend a New Year’s party
___ Spend time with only a few friends
___ Write in your journal your hopes for the new year
___ Go to a movie
___ Go to bed early