



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
- Choose not to put up decorations

Shopping

- Shop as usual
- Give cash
- Shop through catalogs or the Internet
- 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 later
- Make a list of gifts to buy before you go out

Holiday Music

- Enjoy as usual
- Avoid turning the radio on
- Shop early before stores play holiday music
- 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 usually do
- Attend a religious service
- Do not attend a religious service
- Attend a totally different place of worship
- Spend quiet time alone
- Visit the cemetery
- Open gifts on the usual day
- Open gifts at another time

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-Holiday & New Year's Day

- Spend as usual
- Go out of town
- Avoid New Year's parties
- Attend a New Year's party
- Hold a New Year's party
- Spend time with only a few friends
- Write in a journal your hopes for the new year
- Go to a movie
- Go to bed early