

# Identifying Holiday Stress & Anxiety Triggers

Understanding what triggers your stress and anxiety during the holiday season is a crucial step toward managing it effectively. Holiday-related stress and anxiety triggers can include any situation, event, or thought that heightens your stress levels or initiates feelings of anxiety. These triggers might be external, such as specific holiday gatherings or financial pressures, or internal, like particular memories or expectations tied to the season.

Identifying your holiday stress and anxiety triggers involves paying close attention to the situations that make you feel overwhelmed, as well as the physical symptoms, thoughts, and emotions that arise during these times. **By becoming aware of these triggers, you can better anticipate and prepare for them, reducing their impact on your well-being.** This worksheet will guide you through the process of identifying and analyzing your holiday stress and anxiety triggers and help you develop strategies to cope with them effectively.

## PART 1: Identify Triggers

Identify a holiday situation that makes you feel stressed or anxious, and describe the physical symptoms, thoughts, and emotions that arise.

Situation Description

Location

People Involved

Before

After

1 What were you feeling physically?

1 What were you feeling physically?

2 What were you thinking about?

2 What thoughts did you have?

3 How did you feel emotionally?

3 How did you feel emotionally?



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Situation Description	Location	People Involved
<b>Before</b>		<b>After</b>
<b>1</b> What were you feeling physically?	<b>1</b> What were you feeling physically?	
<b>2</b> What were you thinking about?	<b>2</b> What thoughts did you have?	
<b>3</b> How did you feel emotionally?	<b>3</b> How did you feel emotionally?	

Situation Description	Location	People Involved
<b>Before</b>		<b>After</b>
<b>1</b> What were you feeling physically?	<b>1</b> What were you feeling physically?	
<b>2</b> What were you thinking about?	<b>2</b> What thoughts did you have?	
<b>3</b> How did you feel emotionally?	<b>3</b> How did you feel emotionally?	



# Identifying Holiday Stress & Anxiety Triggers

## PART 2: Identify Patterns

Look for common themes in your holiday stress and anxiety triggers, such as recurring situations, physical symptoms, or specific thoughts and beliefs.

Are there common themes or situations where you feel anxious?

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Are there particular physical symptoms that you notice repeatedly?

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Are there specific thoughts or beliefs that frequently occur with your anxiety?

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## PART 3: Develop Coping Strategies

Identify coping strategies that can help you manage your holiday stress and anxiety in these situations. To learn more about coping skills you can use, scan the QR code below.

Situation Description

Coping Strategies

Situation Description

Coping Strategies

Situation Description

Coping Strategies



Scan or [click here](#) to learn more about identifying and managing anxiety triggers.



# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**300+**  
Companies Reviewed



**2,350+**  
Hours of Firsthand Experience



**1,150+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

