

# 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?



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## 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 to learn more about coping strategies you can use for anxiety.