



Worksheet

Mindfulness for the Holidays

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Worksheet

Your holiday doesn't have to be hectic or hurried. With some thought and intention, you can make the most out of the season. Instead of focusing on what *should* be, this worksheet will help you to focus on what *can* be.

The purpose of this worksheet is to:

- To help you reflect on what you want from the season
- To help you understand what stresses you out so you can be prepared to avoid or cope with these stressors as they arise
- To help you identify what you love about the season that you want to focus on or might wish to develop in the future

Instructions

On the following pages, you will find questions or prompts for you to reflect and answer. Give yourself the grace and the space to complete this worksheet in the way that best suits you and your schedule. If you just don't like a question, just skip it and choose the ones that resonate with you.

Set the stage:

Get comfy, grab your fav beverage, and find a quiet space (or inspiring indoor or outdoor space) for yourself and your thoughts. You might even want to put on some relaxing music to listen to.

Claim your vibe. List adjectives about how you want the holidays (however you celebrate or don't) in your home to feel.

What are some of the ways you can create that atmosphere. Note: It doesn't have to be decorations or things that cost \$\$\$.

Read the lyrics to your favourite holiday song. Why are you drawn to that song?

What about this season creates overwhelm in your life?

What do you love about the holiday season?

How can you have less of what is overwhelming to you?

How can you have more of what you love this holiday season?

Do you have a favourite ornament or item that is special to you? Write about why you love it.

Write about your favourite holiday memory.

How are you feeling today? Stressed, happy, relaxed, sad, hopeful, anxious? Write about it.

Who do you look forward to seeing during the holidays?

Is there a movie you like to watch this time of year? What do you love about it?

Who is the easiest person on your list to shop for? Who is the most difficult? Why do think that is?

What are your favourite holiday foods?

**On a scale of 1-10, what is your stress level about the holidays?
What can you do to lessen it?**

**What holiday traditions do you like the most? Are there any
traditions you'd like to let go of?**

What holiday traditions would you like to start? Why?

Looking back on previous holidays, what would you have done differently?

Describe how you would like to spend your holidays this year.