



HSP Holiday Stress Assessment

Instructions: Check each statement that feels true for you.

During the holidays, I dread ...

- the jam-packed schedule: so many programs and parties and gatherings.
- the disruption of my routine.
- all the overstimulating sights, sounds, and smells of the season.
- the expectations others have for me.
- the expectations I have for myself and others.
- spending time in stores with crowds of people.
- stressing over getting the right gifts for everyone.
- having to pretend to be somebody I'm not.
- family drama.

During the holidays, I feel guilty for ...

- needing more down time than most people.
- becoming more and more overwhelmed as the holidays progress.
- being exhausted by travel.
- needing a break from all the noise.
- disappointing the people I care about.
- not enjoying having people stay in my house.
- being a less-than-fabulous cook/hostess.
- ending up in tears.
- saying "no."

During the holidays, I regret ...

- missing “the reason for the season”: Jesus.
- my emotional reactions to people and/or events.
- caving in to the “spend, spend, spend” frenzy & then having to pay, pay, pay.
- falling prey to FOMO* and trying to do more than I can handle.
- getting so busy that I can’t relax and really be present with my people.
- promising myself, “This year will be different...” but it never is.
- shutting down and/or finding ways to numb my feelings.
- how commercial Christmas has become.
- not saying “no” enough.

During the holidays, I feel sad ...

- when I think about loved ones who can't/don't join us.
- when I think about loved ones who have died.
- after the holidays when everyone leaves.

* Fear of Missing Out