



Holiday Habits Reflection Worksheet

(Reflecting on Positive and Negative Holiday Habits)

List Three Positive Holiday Habits or Traditions

1. _____
2. _____
3. _____

Positive Holiday Habits Reflection Questions:

- Why do these habits bring joy or positivity during the holidays?
- How do these habits contribute to your overall well-being and happiness?
- Can you extend or adapt these habits beyond the holiday season?

List Three Negative Holiday Habits or Traditions

1. _____
2. _____
3. _____

Negative Holiday Habits Reflection Questions:

- What triggers or influences these negative habits during the holidays?
- How do these habits/traditions negatively impact your mental health or well-being?
- Is there a way to avoid or lessen the impact of these negatives throughout the season?

Science Backed Strategies to Diminish Negativity During the Holidays:

1. Use Gratitude and Mindfulness to Reduce Stress
2. Set Boundaries and Say No if it Doesn't Prioritize Your Self-Care
3. Have Open and Honest Conversations with Loved Ones to Feel Heard and Supported
4. Connect with Positive Loved Ones to Feel Human Connection
5. Focus on Meaningful Experiences So That the Joy Lasts Longer.
6. Have A Game Plan to Help Yourself Avoid Negative Situations

