



Potential Discussion Questions Managing Holiday Stress

1. What are your biggest concerns for the upcoming holidays? Have you developed a plan to deal with your specific issues?
2. What are some boundaries you set in order to manage your pain? For example, establishing time limits on activities and/or communicating your needs ahead of an event.
3. What options are you considering for seeing family and friends? If you don't have people to connect with this year, is there another way you can celebrate?
4. Are you finding ways to release feelings of obligation? Are you able to say no and not feel badly about it?
5. What is a new ritual or habit you can try to make the holidays more fun and relaxing? (Note: bonus points if you do something where you focus on your own needs.)
6. Do you plan to use Zoom, Skype or other ways to see people virtually? Why or why not?
7. What are the challenges about communicating with people virtually?
8. How are you focusing on self-care?