



## Self-care for the Holidays Questions

2023

1. What are your biggest concerns for the upcoming holidays?
2. How can you delegate tasks to help you cope with the holidays?
3. What practices work for you in pacing yourself?
4. What is a new ritual or habit you can try to make the holidays more fun and relaxing?
5. What tools do you use to care for your physical and emotional health?
6. What are some boundaries you could set to manage your pain?  
(For example, establishing time limits on activities and/or communicating your needs ahead of an event.)
7. 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?
8. What are ways you manage guilt when you can't attend an event?
9. Do you plan to use Zoom, Skype or other ways to see people virtually? Why or why not?
10. What are the challenges with communicating with people virtually?