Delighting in the Season **November 2026**

1. How have you adapted holiday traditions, such as decorating, cooking, shopping, or entertaining to accommodate chronic pain?

2. How do you set realistic expectations for this season?

3. What helps you say 'no' to invitations that you aren't able to attend?

4. What clothing, footwear, heating or cooling items, or other everyday tools help you cope with seasonal weather?

5. What family recipe or holiday food do you look forward to every year?

6. What changes have you made to your home to make seasonal activities easier, safer, or less physically demanding?

7. What is one lesson you have learned about letting go of perfection or changing expectations around holiday preparations and activities?

8. What is one simple, inexpensive way to bring a little seasonal delight into your everyday routine?

9. What are your favorite indoor activities during extreme weather?

10. What strategies help you manage grocery shopping, meal preparation, gift shopping, or other errands during busy seasons?

11. What seasonal sights, sounds or activities bring you the most enjoyment without requiring too much physical effort?

12. What backup plans work for you when weather disrupts transportation, appointments, or plans to meet others?

13. Do you notice changes in your pain, stiffness, mobility, or energy when the weather changes? What patterns, if any, have you observed?

14. Have you found ways to give gifts, show appreciation, or contribute to celebrations that require less physical effort or expense?

15. How can you delegate tasks to help you cope with the holidays?

16. Have you discovered a new seasonal tradition that works better for your current abilities than something you used to do?

17. How do you communicate your physical limitations or need for accommodations to family members and friends during the holidays?

18. What are some ways to enjoy the holidays or seasonal celebrations from home when going out isn't practical?

19. How do you adapt your usual walking, errands, or other physical activities when the weather makes getting outside difficult?

20. What is a new ritual or habit you can try to make the holidays more fun and relaxing?

21. What are your best tips for pacing yourself when holiday preparations or seasonal chores involve lots of little tasks?

22. What is one small thing about this season that you look forward to every year, and how do you make time to enjoy it while living with chronic pain?

23. How do you handle invitations to holiday gatherings when you don't know how your pain or energy levels will be on that day?

24. How do rainy or stormy days change your plans or routines?

25. How do you make your budget for the holidays?

26. How do seasonal changes affect your home environment or comfort?

27. How do you stay connected with others during times of difficult weather?

28. Who has made a positive difference in your life this year, and how have they helped?

29. What is one accomplishment from this year that you're proud of?

30. What holiday activities can be simplified, shared with others, or spread over several days to make them more manageable?