

Week 5: Accountability Card

The holidays are a joyful time, but they can also be a stressor if they are not handled in the proper context.

Place a check in the box once you have completed the task. Before you know it, you'll have strategies implemented to control the stressors during the holiday season.

Take 5 minutes to practice your deep breathing exercises at least 3 times this week.	
Make a list of everything you feel you need to get done before a specific holiday event.	
Think about the various things you will be doing, will be called upon to do, or want to do during the holiday season. Make a list of things you really want to happen and things you can let go of to avoid over commitment.	

What is one thing you plan on doing differently this year compared to last year when it comes to managing your stress during the holiday season?