

Holiday Stress Assessment for Caregivers

By Michael Plontz



We can feel the stress lurking around the corner. We may not know what form it will take or how much of it we will have to endure, but we know that it's out there waiting. Wouldn't it be nice to evaluate the amount of stress we can handle as caregivers during the holidays? Well, now we can. The following chart may help you to decide which things you must continue through the holidays, and which ones you can let go.

HOLIDAY JOB LIST	Would the holidays be the same without it?	Is this something you want to do differently?	Do you do it out of habit, tradition, free choice, or obligation?	Is it a one person job, or can it be shared?	Who is responsible for seeing that it gets done?	Do you like doing it?
Decorating the tree/home.						
Managing Holiday budget.						
Inviting guests to your home.						
Going to Holiday parties.						
Holiday Cards						

HOLIDAY JOB LIST	Would the holidays be the same without it?	Is this something you want to do differently?	Do you do it out of habit, tradition, free choice, or obligation?	Is it a one person job, or can it be shared?	Who is responsible for seeing that it gets done?	Do you like doing it?
Attending special events or services.						
Buying family special clothing to wear for the holidays.						
Gift buying and wrapping.						
Visiting outside your home						
Having the house clean!						
Providing "quiet-together" time for immediate family.						