

Coping with the Holidays

The holiday season is usually a time for happiness and joy. Sometimes, there are other feelings that might come up that are not as pleasant. Some people may feel sad, anxious, or afraid, for a number of reasons. Write down how you're feeling about the holidays and why! Can you think of helpful ways of coping with each feeling?



The worksheet features five light blue holiday ornaments arranged in two rows. Each ornament has a colored loop at the top and a white label with the text "FEELING:". Below each label is a large, empty space for writing, with the text "WHY ARE YOU FEELING THIS WAY?" printed at the top of this space. The ornaments have a subtle snowflake pattern and a faint blue shadow.

- Top Left: Green loop.
- Top Middle: Blue loop.
- Top Right: Yellow loop.
- Bottom Left: Red loop.
- Bottom Right: Orange loop.



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