

# My Action Plan for Having a Happier Holiday!

**Sample Goals**

**How I Will Reach My Goal**

**Keep things simple – less is more!**

Give presents that don't come from a store – like babysitting or taking a trip to the museum with your grandkids. Instead of preparing the family meal this year, try asking everyone to pitch in.

- 1.
- 2.
- 3.

**Accept that you can only do so much.**

Set realistic goals and don't be afraid to ask for help when you need it. The best gifts you can give yourself this year are to be well and have a more enjoyable holiday.

- 1.
- 2.
- 3.

**Go with the flow.**

Holiday and family traditions change over time. While you may feel disappointed or sad that things aren't the way they were, open yourself up to trying something new.

- 1.
- 2.
- 3.

**Be kinder to yourself.**

Too much food and drink, too little sleep and not enough exercise can throw you off track when it comes to managing your health. Focus on the positive things you've done for your health.

- 1.
- 2.
- 3.

**Count your blessings.**

Remind yourself of all you've accomplished this year. Be grateful for your family and friends. Slow down and focus on enjoying the little things in life that bring you pleasure.

- 1.
- 2.
- 3.

**Make room for sadness.**

Sometimes sad memories or the loss of a loved one puts a damper on the season. Don't try to deny your feelings - it's OK to be sad. Work through these emotions by writing down how you feel.

- 1.
- 2.
- 3.

**Seek help if you need it.**

Despite your best efforts to lessen your stress, you may still feel sad, anxious, irritable or hopeless. If this goes on for more than 2 weeks, tell your doctor or call your Accordant nurse right away.

- 1.
- 2.
- 3.

# My Action Plan for Having a Happier Holiday!

**My Personal Goals**

**How I Will Reach My Goal**

1.

2.

3.

1.

2.

3.

1.

2.

3.

1.

2.

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1.

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3.