

# Holiday Stress Assessment for Caregivers

Evaluate the amount of stress a caregiver can handle during the holidays. The following checklist may help decide which things to continue doing through the holidays, which ones to let go, and which ones can be passed on to others.

## Holiday Task List

For each traditional holiday task below, first ask yourself the following question:

**Would the holidays be the same without it?** For each task where the answer is 'No', first put a check in the 'Keep' column. For each task where the answer is 'Yes' put a check in the 'Eliminate' column.

Keep	Eliminate	Share/Give Away	Task	Person Responsible
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sending holiday cards.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Buying something special to wear for the holidays.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Making homemade holiday gifts.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Helping or encouraging children to make some of their gifts.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doing your holiday shopping.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Buying gifts for co-workers, teachers, neighbors, friends and family.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decorating the tree.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decorating the house, inside and out.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decorating different rooms of your home.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Baking holiday cookies.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Exchanging holiday cookies.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Shopping for and preparing special traditional foods.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Going to office or school parties.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Going to neighborhood or friends' parties.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Providing "quiet-together" time for immediate family.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Preparing/entertaining special family or out of town guests.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Seeing people you never see any other time of the year.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Having the house clean ... clean!	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending special or traditional church services.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending special activities for children.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contributing to special funds.	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking down and storing holiday decorations.	_____



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Next, referring back to the above list, for each task that has a check mark in the 'Keep' column, ask yourself this question:  
***Do you enjoy doing it?***

If the answer is **no**, can it be shared with others? For example, perhaps you enjoy sending holiday cards and feel the holidays wouldn't be the same without them, but really don't enjoy addressing and stamping all the envelopes. Is this a task you could share with your spouse, child, or other relative?

If you could share this task with others, can someone else assume the responsibility? Or, can someone else help get it done? Who might that person be?

Once you've identified each task that could be shared with or given away to someone else (or others) to handle, write that individual's name (or the names of those persons) in the right-hand column next to that task.

When you've finished, you should have a task list that is much shorter than when you started, and a list of others you can enlist to help take some of the stress out of your holiday!