

How to Deal With Grief During the Holidays Workbook

Grieving during the holidays can feel overwhelming, as the season often intensifies feelings of loss and sadness. By working through these worksheets, you'll find tools to navigate your grief, prioritize your well-being, and foster connections with yourself and others during this difficult time. This collection of worksheets is designed to offer comfort and support by helping you focus on essential areas like self-care, emotional awareness, setting boundaries, and practicing gratitude. **These exercises are crafted to gently guide you through the healing process, allowing you to honor your emotions while creating space for moments of peace and relief.**

Here's a brief introduction to each worksheet included in this package:

Self-Care Inventory

Self-care is crucial when navigating grief, especially during the holidays. This worksheet will help you identify activities that provide comfort and nurture your physical, emotional, and mental well-being. By creating a self-care routine that supports your healing, you'll be better equipped to face the emotional challenges this season brings.

Identifying Your Emotions

Grief often brings a mix of intense and confusing emotions. This worksheet guides you in recognizing and naming those emotions, providing clarity as you navigate your feelings during this time. Acknowledging your emotional state can help you process your grief and find moments of calm amid the storm.

Practicing Gratitude

Though it may feel difficult, practicing gratitude during times of grief can provide balance. This worksheet helps you recognize small moments of grace, allowing you to hold space for gratitude alongside your sorrow. It's not about ignoring your grief, but about finding a way to appreciate the aspects of life that still bring you comfort.

Setting Healthy Boundaries

Grief can make it harder to navigate social expectations, especially during the holidays. This worksheet helps you identify where and how to set boundaries with others to protect your emotional health. By setting limits that prioritize your well-being, you can create a space that allows you to grieve without added pressure or stress.



Self-Care Inventory

Self-care is any technique that enhances your well-being and replenishes your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

<input type="checkbox"/>	<input type="checkbox"/>	Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.
<input type="checkbox"/>	<input type="checkbox"/>	Spending time with friends and family to build support and reduce feelings of isolation.
<input type="checkbox"/>	<input type="checkbox"/>	Practicing mindfulness to stay present and manage negative thoughts.
<input type="checkbox"/>	<input type="checkbox"/>	Writing down thoughts and feelings to process emotions and gain insights.
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a gratitude journal or reflecting on things you are thankful for.
<input type="checkbox"/>	<input type="checkbox"/>	Using positive affirmations to counter negative self-talk and build self-esteem.
<input type="checkbox"/>	<input type="checkbox"/>	Using music to relax, uplift your mood, or express your emotions.
<input type="checkbox"/>	<input type="checkbox"/>	Expressing your emotions through art, music, writing, or other creative outlets.
<input type="checkbox"/>	<input type="checkbox"/>	Set achievable goals and celebrate your progress, no matter how small.
<input type="checkbox"/>	<input type="checkbox"/>	Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people you like and make you feel good about yourself.
<input type="checkbox"/>	<input type="checkbox"/>	Asking for help from friends or family when you're feeling down or overwhelmed.
<input type="checkbox"/>	<input type="checkbox"/>	Learning to say no and establishing boundaries to protect your emotional well-being.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in support groups to gain insight and emotional support from others.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in clubs or organizations that align with your interests to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	Giving your time to help others in your community to foster connection and purpose.
<input type="checkbox"/>	<input type="checkbox"/>	Going to social gatherings, parties, or community events to build your social network.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.
<input type="checkbox"/>	<input type="checkbox"/>	Actively listening when talking with others, which helps strengthen your relationships.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling intentional alone time with your romantic partner.



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

Spending time with the people who give your life meaning.



Identifying Your Emotions

This worksheet is designed to help you identify and express your emotions more effectively. By recognizing and labeling your feelings, you can gain a better understanding of your emotional state and develop healthier ways to cope with and express your emotions. Use this worksheet regularly to track your feelings and reflect on your emotional experiences.

PART 1: Identify Your Emotions

Circle the emotions that you are experiencing right now or that you have experienced recently.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic



Identifying Your Emotions

PART 2: Track Your Emotions

Use the table to track your emotions throughout the week. Write down all the emotions you experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			



PART 3: Reflect on Your Emotions

Answer the following questions to reflect on your emotional experiences.

Which emotions do you experience most often and why?

How do your emotions affect your behavior and interactions with others?

What can you do to better manage your emotions in the future?



Practicing Gratitude

Gratitude is more than just a positive emotion; it is a powerful tool that can transform your mental health and overall outlook on life. When practiced consistently, gratitude can help you focus on the good in your life, build resilience, and improve your relationships. This worksheet is designed to guide you through the process of recognizing and appreciating the positive aspects of your daily experiences.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page.)

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Example: The taste of fresh coffee in the morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive work meeting where I felt heard.</i>	<i>My cozy blanket keeping me warm while I read.</i>	<i>A surprise call from my mom to check on me.</i>
W			
T			
F			
S			
S			

PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following questions:

Which gratitude entries for this week stood out to you the most and why?

The gratitude entry that stood out the most this week was "taking a quiet walk in the park." It felt so refreshing to be surrounded by nature and to have a moment of calm away from my usual busy routine. I realized how much these small breaks can help me feel grounded. Another entry that stood out was "a kind message from a friend." It reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.



Practicing Gratitude

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

What new gratitude practices would you like to try next month?

What challenges did you face in practicing gratitude , and how did you overcome them?

Which gratuities can you turn into a daily affirmation?

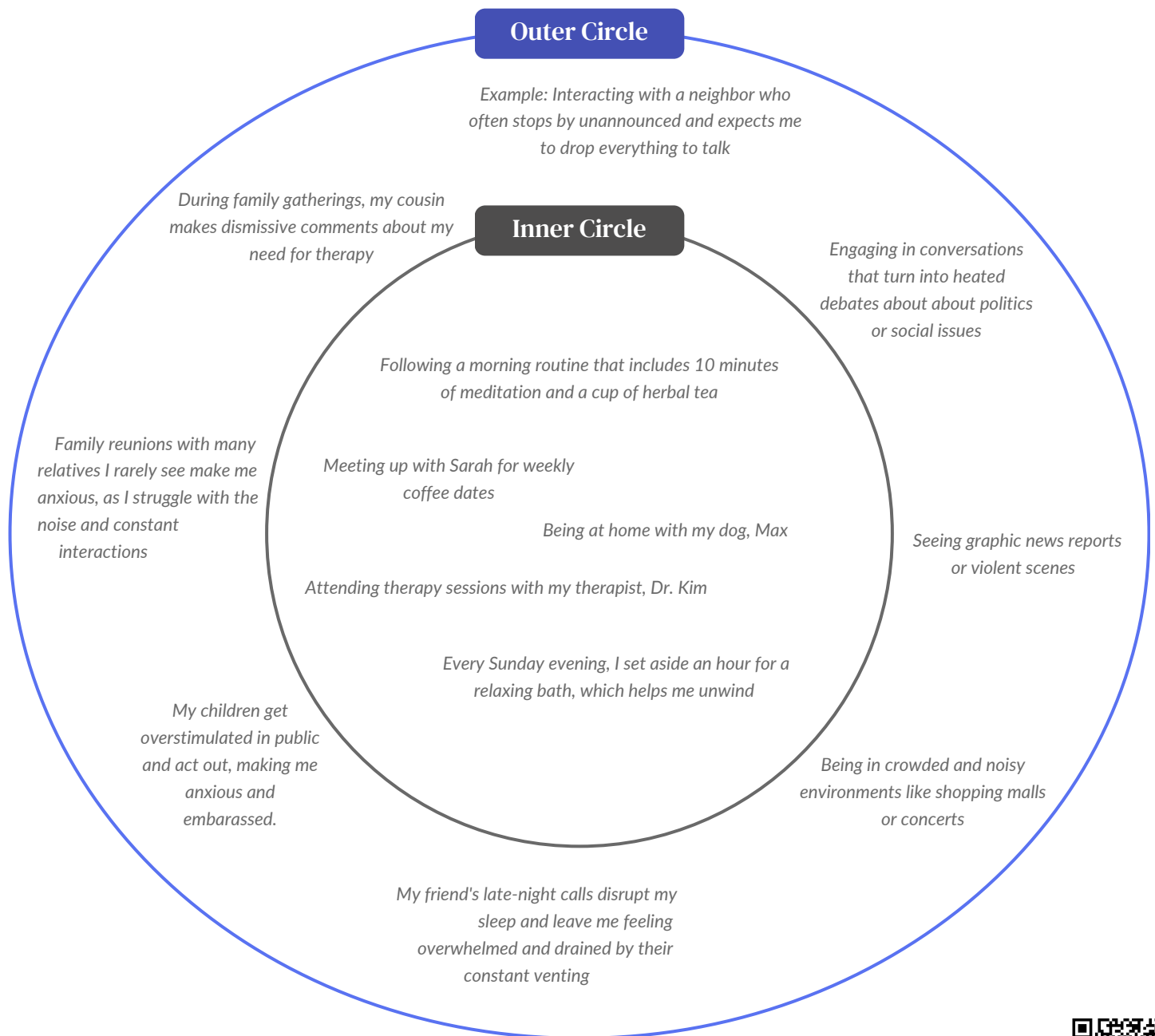


How to Set Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries in your relationships and daily life. **By identifying your needs and limits, you can communicate more effectively, protect your well-being, and build stronger relationships.** Use this worksheet to explore your boundaries and develop strategies for maintaining them.

PART 1: Visualize Your Boundaries

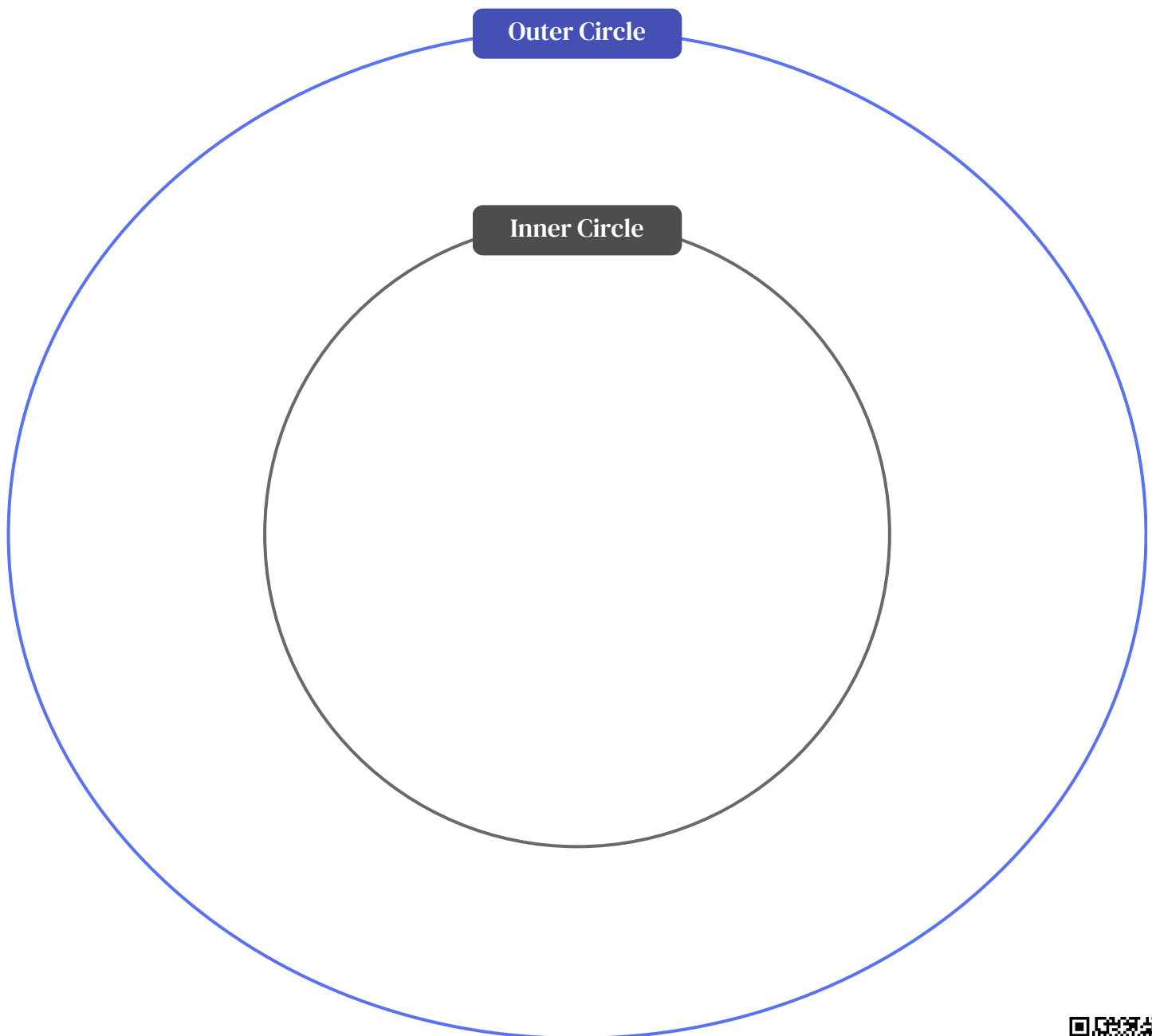
Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What is currently causing me stress or unease?
- What am I excited about each day?
- What do I find myself dreading each day?
- Who or what energizes and uplifts me?
- Who or what leaves me feeling drained and exhausted?
- Who or what helps me feel safe, supported, and valued?



PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please give me some physical space"
- "I am not comfortable with being touched right now."
- "I need to step away for a moment."
- "I prefer to keep a bit of distance, thank you."
- "I would appreciate it if you didn't stand so close."

Emotional Boundaries

- "I feel overwhelmed and need to take a break from this conversation."
- "I'm not comfortable discussing this right now."
- "I appreciate your concern, but I need some time to process my feelings alone."
- "Please respect my feelings on this matter."

Interpersonal Boundaries

- "I feel uncomfortable with this behavior and need it to stop."
- "I need you to respect my decision."
- "I am not okay with how you spoke to me."
- "Please do not involve me in this situation."
- "I need clarity and honesty in our communication."



How to Set Healthy Boundaries

PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Be Clear & Set Consequences

Keep Your Tone Calm and Respectful:

Practice Active Listening:

Physical Boundaries

Emotional Boundaries

Interpersonal Boundaries

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PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: My sister, who lives nearby, frequently drops by unannounced. Her unexpected visits often disrupt my personal time and the quiet environment I need to relax and recharge after a long day of parenting. Last week, she came over right when I was about to start a long-awaited self-care routine, and it completely threw off my evening.

Boundary I will set:

I will have a conversation with my sister to let her know that I need my home to be a space where I can relax and unwind without unexpected interruptions. I will ask her to call or text me before coming over to ensure it's a good time. I will emphasize that I still want to spend time with her but need to plan our visits in advance.

Any potential challenges:

My sister might feel hurt or think that she is not welcome anymore. She may perceive my request as a sign that I don't enjoy her company or that our relationship is less important to me. Additionally, she might not understand why this change is necessary if she feels that her visits haven't been a problem in the past.

How I will handle these challenges:

During our conversation, I will explain to my sister that her visits are important to me and that I value our time together. I will let her know that my request for advance notice allows me to take care of my mental health and personal needs. I will suggest specific times that work better for me. For example, I could say, "I really enjoy our time together and want to make sure I am fully present when we hang out. Could you call or text me before coming over to make sure it's a good time? I usually have more free time on Saturdays or after 6 PM on weekdays."



PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

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Boundary I will set:

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Any potential challenges:

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How I will handle these challenges:

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

