

# 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?

FEELING:  
WHY ARE YOU FEELING THIS WAY?

FEELING:  
WHY ARE YOU FEELING THIS WAY?

FEELING:  
WHY ARE YOU FEELING THIS WAY?

FEELING:  
WHY ARE YOU FEELING THIS WAY?

FEELING:  
WHY ARE YOU FEELING THIS WAY?

