

Measuring your holiday stress

For many people, the holiday season can bring happiness and excitement. For others, it is dreaded and stressful. The holidays can bring old patterns of behavior, increased anxiety and the ability to cope can be challenging. Take this quiz to find out if you are a candidate to experience stress this season.

Instructions: Check either the true or false box next to each of these questions to develop a sense of how you will be impacted by the holidays.

Give yourself 1 point for each false statement.

	True	False
• I look forward to the holidays with genuine pleasure most of the time.	<input type="radio"/>	<input type="radio"/>
• I know how to set a budget for holiday gifts and stick with it.	<input type="radio"/>	<input type="radio"/>
• Holiday shopping and spending a lot of money on my family and friends are not the most important part of this season.	<input type="radio"/>	<input type="radio"/>
• I am able to be very realistic about what to expect from myself over the holidays.	<input type="radio"/>	<input type="radio"/>
• I am very realistic of what I can expect from others over the holidays.	<input type="radio"/>	<input type="radio"/>
• I have a partner to celebrate the holidays with me.	<input type="radio"/>	<input type="radio"/>
• My partner and I get along well and enjoy each other's company.	<input type="radio"/>	<input type="radio"/>
• My partner and I work well as a team most of the time.	<input type="radio"/>	<input type="radio"/>
• I have family that I enjoy spending time with over the holidays.	<input type="radio"/>	<input type="radio"/>
• My family likes and appreciates me.	<input type="radio"/>	<input type="radio"/>
• My in-laws (and/or step-family) like and appreciate me.	<input type="radio"/>	<input type="radio"/>
• I have close friends that I enjoy spending time with over the holidays.	<input type="radio"/>	<input type="radio"/>
• I take part in some comforting and pleasant holiday rituals and look forward to them every year.	<input type="radio"/>	<input type="radio"/>
• Getting approval is not very important to me.	<input type="radio"/>	<input type="radio"/>
• I know healthy ways to cope if I start to feel overwhelmed.	<input type="radio"/>	<input type="radio"/>
• I have ways of giving to others in my community.	<input type="radio"/>	<input type="radio"/>
• I am not overly scheduled and have a pretty good balance of work, fun and relaxation.	<input type="radio"/>	<input type="radio"/>
• I know how to say "no".	<input type="radio"/>	<input type="radio"/>
• I am able to schedule "down" time for myself on a regular basis.	<input type="radio"/>	<input type="radio"/>
• I eat healthily, drink alcohol moderately or not at all and get 30 minutes of aerobic exercise daily.	<input type="radio"/>	<input type="radio"/>

Give yourself 2 points for each false statement.

	True	False
• I am not providing care for any ill or disabled family member.	<input type="radio"/>	<input type="radio"/>
• I have not had any major losses over the last 2 years.	<input type="radio"/>	<input type="radio"/>
• I have enough money to cover my basic needs.	<input type="radio"/>	<input type="radio"/>
• I had a reasonably happy childhood with fond memories of the holidays.	<input type="radio"/>	<input type="radio"/>
• I am never affected by the "Holiday Blues".	<input type="radio"/>	<input type="radio"/>
• My health, physically, mentally and emotionally is good.	<input type="radio"/>	<input type="radio"/>

Scoring:

1 or 2 points. Good for you. You have a reasonable level of stress and, with healthy self-awareness and self-care, you should be able to really enjoy this time.

3 or 4 points. You are clearly a candidate for burning out over the holidays. Talk over your situation with someone you can count on to be a good sounding board or offer simple and specific advice for how to relax and enjoy this time.

5 or more points. Think seriously about what you can do to change your situation, if possible. Put out the red flag and wave it.

Help is available. For additional information, visit MagellanHealth.com/MYMH