

Holiday Stress: What It Is & What Causes It

Holiday stress refers to the emotional, mental, and physical pressure that many people experience during the festive season. It is common, valid, and often connected to increased expectations, responsibilities, and emotional triggers.

Common Causes:

- Financial strain or gift pressure
- Overscheduling and exhaustion
- Grief, loss, or loneliness
- Family tension or unresolved conflict
- Perfectionism and unrealistic expectations



**You are allowed to rest, simplify,
and make the holidays your own!**



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Understanding Your Holiday Stress Triggers

1. What situations or expectations feel most stressful during the holidays?

2. Which of the common causes above do you relate to the most?

3. What physical or emotional signs tell you that stress is building?

4. List three small ways you can reduce pressure this season:

