




CHRISTMAS ANXIETY TOOLKIT

*resources & printable worksheets to help you
manage your anxiety through the holidays*

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“
IT'S ALMOST TIME
TO SWITCH FROM
MY EVERYDAY
ANXIETY TO MY
FESTIVE
CHRISTMAS
ANXIETY
”

invitation

What would happen if you let go
of all the to-do's and the lists and
the expectations this Christmas?
What if you entered this season
with only one goal:

to rest
in the
presence
of God.

Advent invites us to slow down and to believe that there's more to Christmas than just the loud noise of the season, more than the hustle and bustle of the crowds, more than the pressure to produce and perform and perfect. Advent invites us to be still and trust that no matter how dark the dark of winter gets, there is a light that will shine in the darkness...that something, Someone greater is coming.

Advent is a season of hope, peace, love, and joy. There's nothing you have to do to make this a good Christmas. Christmas is good because our good God gave us the greatest Good the world has ever known: Jesus.

This Christmas, I invite you to take time to slow down and breathe deep and inhale the goodness and glory of God.

Emmanuel.

God is WITH us.

Is there any greater miracle we could ever need more?

Breathe deep this Christmas season:
You are safe and held and loved.
Jesus is here.

- Jenn

You don't have to do all the things



*Leave white space in your days.
Be gentle with yourself.
Embrace imperfection.
Set realistic expectations.
Keep the most important thing
the most important thing.*

BE PROACTIVE

Taking a little time at the beginning of the season to plan ahead is one way you can help ease anxiety as you enter into the Christmas season. Without a plan, the season can quickly become very busy and overwhelming. Once anxiety rises, it is more difficult to slow down and regroup. By planning ahead, you can help prevent anxiety before it starts.

Be sure to plan time for rest & self care.

Identify the things that may trigger your anxiety and make a plan now for managing those things.

Know the things that benefit your mental health & bring you calm, and make sure you plan time for those things.



monthly PLANNER

WHAT MATTERS MOST

SUN

MON

TUE

WED

THU

FRI

SAT

holiday PLANS

List all the events & activities that are planned this season. Identify things that trigger your anxiety and make a plan now for managing stress surrounding those events. Consider saying no to something, letting go of something, changing something, or simplifying the season in some way.

TRADITIONS TO KEEP

EVENTS

DATE

DOES THIS EVENT BRING JOY OR STRESS?

MY PLAN FOR MANAGING ANXIETY & STRESS

Weekly PLANNER

Week: 01 ● 02 ● 03 ● 04 ●

Dates: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SELF-CARE PLAN

Weekly PLANNER

Week: 01 ● 02 ● 03 ● 04 ●

Date: _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

SELF-CARE PLAN

TO DO LIST

NOTES

Daily PLANNER

Date: _____

TIME SCHEDULE

06.00 _____

07.00 _____

08.00 _____

09.00 _____

10.00 _____

11.00 _____

12.00 _____

13.00 _____

14.00 _____

15.00 _____

16.00 _____

17.00 _____

18.00 _____

19.00 _____

20.00 _____

M



T



W



T



F



S



S



TODAY'S ANXIETY LEVEL:




SELF-CARE PLAN

HOW I'LL MANAGE MY ANXIETY TODAY:

MOST IMPORTANT THING(S)

NOTES



IT'S NOT HOW
MUCH WE GIVE
BUT HOW MUCH
LOVE WE PUT
INTO GIVING.

MOTHER THERESA

KNOW YOUR BUDGET

Help ease financial anxiety by setting a realistic budget and sticking to it

In one recent study, 68% of people surveyed said that they felt financially strained at Christmastime. Finances are a source of anxiety and worry for many of us. But it doesn't have to be that way.

Think outside the gift box this Christmas & resist the pressure to spend money that you don't have.

Let go of comparison, know your limitations, set realistic expectations, & remember that the things that matter most this Christmas can't be bought in a store.



holiday BUDGET

Financial strain & unrealistic expectations can lead to stress & anxiety at Christmas.
Plan ahead, set a realistic budget, & stick to it. Future you will thank you.

EXPECTED EXPENSES

BUDGET

TOTAL BUDGET

THINGS TO CONSIDER:

GIFTS, WRAPPING SUPPLIES, EVENTS, FOOD, CLOTHING, ENTERTAINING,
DECORATING, CARDS + SHIPPING, CRAFTS, ACTIVITIES

gift giving
BUDGET

[illegible]

FREE *(or nearly free)* GIFT IDEAS

- Baked goods
- A homemade meal
- Handmade craft or ornament*
- Babysitting
- Pet Sitting
- Printable wall art*
- Create a personalized playlist
- A handwritten letter
- Compile your favorite recipes into a homemade recipe book or box
- Spend time together: game night, movie night, cook together, etc.
- Stovetop potpourri mix in a jar (with printable tag)*
- Nativity Christmas Story Trail Mix (mason jar gift + printable tag)*
- Have a Christmas swap: everyone brings something they already own and love and swap gifts

** get more details, more ideas, & links to freebies*



The things that matter most this Christmas can't be bought in a store.





*You can exhale all that pressure to
produce, perform or perfect this
Christmas:*

*There's nothing you have to buy,
nothing you have to do to make
this a good Christmas.*

**CHRISTMAS IS
ALREADY GOOD**
*because our good God has
already given us the very best
gift the world has ever known:
Jesus.*

breathe



Exhale your anxiety
& inhale His peace
this Christmas

BREATH PRAYER

a simple & powerful tool to help you manage your anxiety and keep your heart & mind focused on Christ this Christmas.

Breath prayer is a centuries-old Christian practice that combines deep breathing with prayers of meditation on God's Word.

Breath prayers are simple and easy—just two lines from Scripture, prayed to the rhythm of your breath. Inhale slowly and deeply through your nose as you pray the first line of the prayer, then exhale slowly and fully through your mouth as you pray the second line. Then repeat several times.

The slow, deep breathing helps calm the physical symptoms of anxiety while prayer helps turn your mind toward truth.



Breath prayer can help calm your anxiety by connecting you to your Creator and aligning your breath to the rhythm of His grace.

Jennifer Tucker, *Breath as Prayer*

BREATH PRAYER *Challenge*

Take time this Christmas season to pause and pray

Try beginning each day with a breath prayer.
Start each day from a place of calm & intentional prayer.
Pray a breath prayer any time throughout your day to ease
your anxiety as you breathe deep & focus on Christ.

MARK THE DAYS YOU PRAY

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

REFLECT ON HOW THIS PRACTICE AFFECTED YOUR ANXIETY:

BREATH PRAYERS

for Advent

Print & cut out these breath prayers so you can keep them close through your days.

WEEK 1

HOPE

PSALM 130:5

inhale:

I wait for you, Lord

exhale:

my hope is in
Your Word

WEEK 2

PEACE

ISAIAH 26:3

inhale:

Keep me in perfect peace

exhale:

as I keep my thoughts
on You

WEEK 3

LOVE

ROMANS 8:38-39

inhale:

Nothing can separate me

exhale:

from your love

WEEK 4

JOY

PHILIPPIANS 4:4-5

inhale:

Fill me with joy

exhale:

I know You are near



inhale:
BE STILL
my soul

exhale:
IMMANUEL
is here

PSALM 46:10 & MATTHEW 1:23

8X10 BREATH PRAYER PRINT



inhale:

BE STILL
my soul

exhale:

IMMANUEL
is here

PSALM 46:10 & MATTHEW 1:23

8X10 BREATH PRAYER PRINT

breath as prayer



Fill your new year with peace & prayer

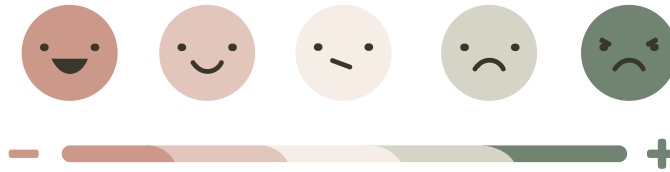
Want to carry the practice of breath prayer into the new year?

Start a new rhythm to your days that will help calm your anxiety, focus your mind, and renew your soul this year.

Breath as Prayer is your full guide to breath prayer and includes more than 80 breath prayers to pray throughout the year.

WWW.BREATHASPRAYER.COM

ANXIETY *Tracker*



SUN	MON	TUE	WED	THU	FRI	SAT
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ANXIETY TRIGGERS

COPING SKILLS THAT HELP

how to RESPOND TO ANXIETY

01 Know your body's stress response

Pay attention to the signs of anxiety in your body. Are you shaky, irritable, or overly emotional? Is your heart racing, are you sweating or overheated, is your breathing more rapid? Knowing the signs of anxiety building in your body will help you manage it before it spirals out of control.

02 Stop, Breathe, & Pray

When your anxiety begins to rise, use it as a prompt to slow down and take a couple of minutes to breathe deep and realign your nervous system & your soul. This is a great time to pray a short breath prayer--breathe slowly and focus your mind on God. Give Him your anxieties and stress, and inhale His peace.

03 Take the next step

Once the physical symptoms of anxiety have started to ease, you can turn your mind toward deciding your best next step. Depending on what triggered your anxiety, you may need to take one of these action steps:

- Slow Down
- Say no
- Ask for help
- Let it go / walk away
- Go outside & breathe in some fresh air
- Rest / take a nap
- Eat a snack
- Drink some water
- Take a calming break
- Share the burden with someone
- Try a self-care activity

BE KIND TO YOURSELF



Try some of these strategies to proactively care for your mental health
& manage your anxiety through the holiday season

light a
candle, be
still &
breathe

take a nap

take a walk
outside

say no to
something

bake
cookies

cut out
paper
snowflakes

sit by the
fireside (or
beside your
lighted
tree)

talk to
someone &
share the
burden

listen to
Christmas
music

make a
gratitude
list

read a book

give
yourself 30
min. of
down time

pray a
breath
prayer

have a
Christmas
pajama day

treat
yourself to
something

help
someone
else

enjoy a hot
drink

make
something
with your
hands
(craft,
meal, etc)

ask for help

color a
coloring
page

unplug from
social
media

take a
warm bath
or shower

go to bed
early

watch a
movie you
love

cuddle
under a
soft or
weighted
blanket

BE KIND TO YOURSELF

Try some of these strategies to proactively care for your mental health
& manage your anxiety through the holiday season



FAVORITES:

deep breathing STAR

slowly trace the lines of the star with your finger as you
inhale for a count of 5 and exhale for a count of 5



*repeat several times as you slow your breathing
to help calm the physical symptoms of your anxiety*

deep breathing TREE

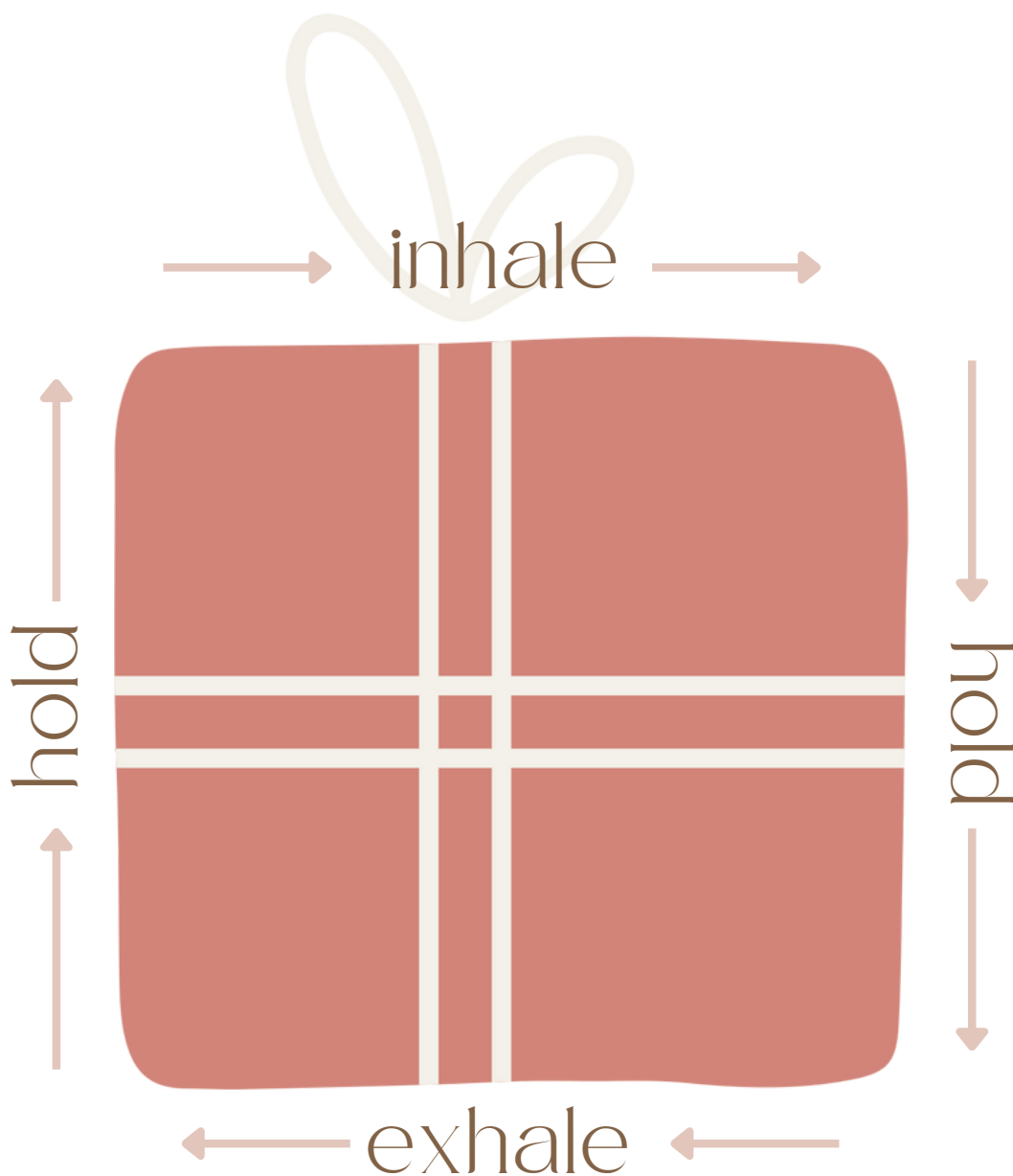
slowly trace the lines of the tree with your finger as you
inhale for a count of 3, hold for 3, and exhale for 3



*repeat several times as you slow your breathing
to help calm the physical symptoms of your anxiety*

deep breathing GIFT

slowly trace the lines of the gift with your finger as you
inhale for a count of 4, hold for 4, exhale for 4, hold for 4



*repeat several times as you slow your breathing
to help calm the physical symptoms of your anxiety*



be grateful

Gratitude can help lessen stress, anxiety, and depression

According to research presented by UC Davis Health, gratitude is related to 23 percent lower levels of cortisol (the hormone that creates stress in the body).

"The impact of gratitude on the brain is long-lasting. Besides enhancing empathy and self-love, gratitude significantly impacts bodily response functions and psychological conditions such as anxiety, stress, and depression."*

*Source:

<https://www.cypresscounselingcenter.com/blog/the-link-between-practicing-gratitude-and-reduced-anxiety/>

Practicing daily gratitude through the holiday season can help reduce your anxiety and focus your mind on what is true & noble, right & pure, lovely & admirable, excellent & worthy of praise.
(Philippians 4:8)



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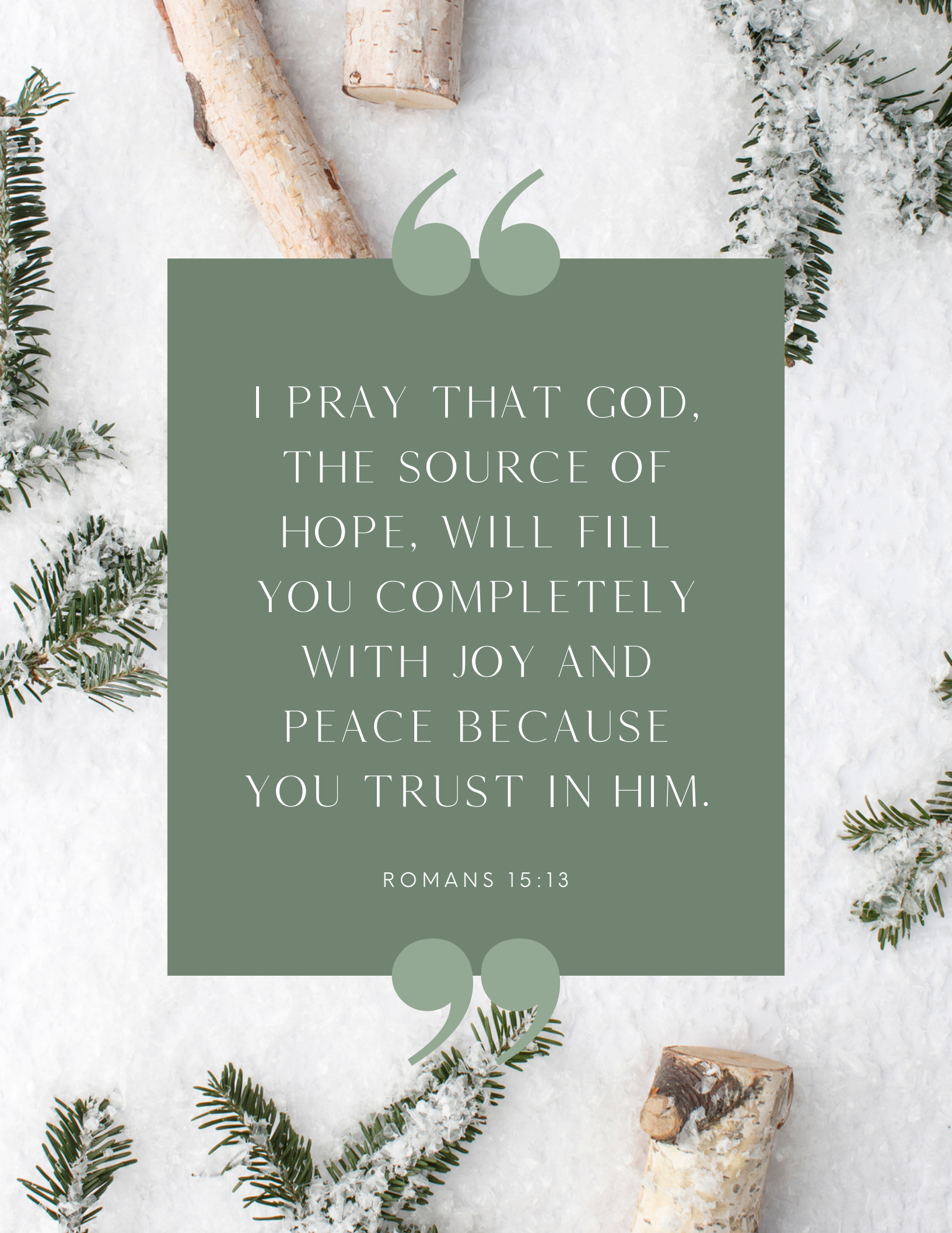
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GRATEFUL

GRATEFUL

[illegible]

grateful



I PRAY THAT GOD,
THE SOURCE OF
HOPE, WILL FILL
YOU COMPLETELY
WITH JOY AND
PEACE BECAUSE
YOU TRUST IN HIM.

ROMANS 15:13