

HOLIDAY MINDFULNESS: CAREGIVER PROFILE

What are my needs during the holidays?

Start by identifying your own needs. When my needs are met, I am better regulated to meet the needs of my loved one.

RETHINK YOUR HOLIDAY SCHEDULE WITH ENJOYMENT IN MIND

1a. What holiday activities do I enjoy?

1b. What makes these activities enjoyable?

2a. What holiday activities do I dread?

2b. What makes these activities dreadful?

3a. What can I say 'no' to?

3b. What would make the activities I can't say 'no' easier for me?

SCHEDULE TIME FOR YOURSELF AND INTENTIONAL REST PERIODS

4a. What gives me comfort or enjoyment?

See:

Smell:

Hear:

Taste:

Touch:

4b. When I must do the activities that cause me stress, how can I include or follow them with things that give me comfort?

5a. During the holiday break, I am setting aside these days and times for rest:

Date	From	To
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

5b. Given my choice, how would I like to spend my rest time?

HOLIDAY MINDFULNESS: LOVED ONE'S PROFILE



What are my loved one's needs during the holidays?



As my loved one and I discuss their needs, we can set realistic expectations, modify plans, and arrange accommodations to allow us all to enjoy the holiday season.

DISCUSS HOW YOUR LOVED ONE FEELS ABOUT PLANS AND TRADITIONS

1a. What holiday activities do they enjoy?

1b. What makes these activities enjoyable?

2a. What holiday activities do they dread?

2b. What makes these activities dreadful?

MODIFY PLANS AND ARRANGE ACCOMMODATIONS

3a. What activities can be shortened or modified to make them more enjoyable?

3b. How can these activities be modified to make them more enjoyable?

3c. Would bringing along a friend or object help them to have a better experience?

- Yes
 No

3d. Who or what can they bring to make these activities more enjoyable?

SPRINKLE REST AND COMFORT THROUGHOUT THE SCHEDULE

4a. What gives them comfort or enjoyment?

See:

Smell:

Hear:

Taste:

Touch:

4b. When they must do the activities that cause them stress, how can they include or follow the activities with things that give comfort?

5. Given their choice, how would they like to spend their rest time?