

Jedi The Holidays

The holidays are here, and while it's a time for joy, it can also bring challenges for those of us familiar with High-Functioning Anxiety.

High-Functioning Anxiety is a subset of generalized anxiety disorder that often goes unnoticed or undiagnosed. It occurs when a person has anxiety symptoms, but rather than retreating from situations or interactions, they work hard to face their fears and are skilled at covering up symptoms.

This worksheet is designed to help you address the symptoms of overthinking, anxiety, and imposter syndrome during this festive season.

Remember, you're not alone, and this is a space for self-reflection and growth.

(If you need to chat...schedule a free consultation...)

Step 1: Identify Triggers

Overthinking Moments:

- List situations during the holidays that trigger overthinking.
- Reflect on specific thoughts that tend to dominate your mind.

Anxiety Hotspots:

- Identify places or events that tend to heighten your anxiety.
- Note any patterns or recurring themes in these situations.

Imposter Syndrome Triggers:

- Pinpoint instances where imposter syndrome tends to creep in.
- Consider whether certain people or settings exacerbate these feelings.

Step 2: Challenge and Reframe

Overthinking Patterns:

- Challenge one overthinking thought from your list. How might you reframe it more positively or realistically?

Anxiety Alleviation:

- Identify one strategy to alleviate anxiety during a triggering situation.
- Consider deep breathing, mindfulness, or a grounding exercise.

Imposter Syndrome Reframe:

- Write down a positive affirmation counteracting imposter syndrome.
- Reflect on your achievements and strengths in moments of self-doubt.

Step 3: Establishing Boundaries

Time Boundaries:

- Set specific time limits for work or holiday-related tasks.
- Prioritize self-care activities within these time frames.

Social Boundaries:

- Determine your comfort level for social interactions.
- Plan breaks or quiet moments to recharge during gatherings.

Personal Boundaries:

- Identify and communicate personal boundaries to friends or family.
- Advocate for your needs without guilt.

Step 4: Celebrating Achievements

Reflection on Growth:

- Write down instances where you successfully challenged overthinking, anxiety, or imposter syndrome.
- Acknowledge the progress you've made.

Positive Affirmations:

- List three positive affirmations to carry with you during the holidays.

- Repeat these to reinforce a positive mindset.

Self-Celebration Ritual:

- Establish a small ritual to celebrate personal achievements.
- It could be as simple as a moment of reflection or a treat for yourself.

Remember, this worksheet is a tool for self-awareness and empowerment.

Use it as a guide to navigate the holiday season with resilience and self-compassion.

Wishing you a joyful and empowered holiday season!

Be sure to let me know if this worksheet has been helpful on your journey, and feel free to reach out to hammer out more specific details, tips, tools, strategies, and solutions to how overthinking, anxiety and/or imposter syndrome shows up in your life.