

# **Christmas and New Years**

## **Social Anxiety West Topic Session**

This topic is about Christmas time and celebrating New Years. The questions are intended to prompt your thinking around the topic. You do not have to answer them, although it may be beneficial to you if you do.

### **Questions**

- **How is this time of year easy or difficult for you?**
- **How do you find work Christmas parties and other associated activities such as Secret Santa? (if you are employed, or have been in a job with these activities in the past)**
- **How do you find present buying, giving and receiving? What anxiety do you have about this, if any?**
- **What do you usually do on New Years Eve and what plans do you have this year, if any?**
- **What could be something you do differently this year to make your Christmas more enjoyable or meaningful?**
- **What issues surrounding family affect you during the Christmas holiday period?**
- **What would you personally like Christmas and New Years to be about?**
- **If you usually set New Years resolutions, what ones will you be setting for the coming year and would you consider starting to work on them early?**