

Holiday Mental Health Impact Scale (HMHIS)

Rate how much each statement has been a problem for you during past holiday seasons.
Add up the totals for each section. Tally the grand total and consider the things you can do to make the holidays less stressful.

Scale:

- 0 = No problem
- 1 = Very slight
- 2 = Mild
- 3 = Noticeable
- 4 = Moderate
- 5 = Strong
- 6 = Serious
- 7 = Big problem

Emotional Well-Being

#	Statement	Rating (0–7)
1	I feel more anxious or tense than usual during the holidays.	
2	I experience sadness, emptiness, or tearfulness around the holidays.	
3	I find myself irritable, short-tempered, or easily frustrated.	
4	I feel emotionally exhausted or 'burned out.'	
5	I feel guilty for not feeling happy when others expect me to.	

Total: _____

Stress and Coping

#	Statement	Rating (0–7)
6	I feel overwhelmed by holiday responsibilities or expectations.	
7	I have difficulty managing time or meeting deadlines during the holidays.	
8	Financial pressures cause me significant stress.	
9	I feel pressure to create the 'perfect' holiday for others.	
10	I neglect self-care routines (sleep, exercise, relaxation).	

Total: _____

Relationships and Social Connection

#	Statement	Rating (0–7)
11	I feel lonely or isolated during the holidays.	

12	I avoid social gatherings because they feel stressful or uncomfortable.	
13	I have conflicts or tension with family members.	
14	I feel pressure to spend time with people I would rather not see.	
15	I feel a painful sense of missing loved ones who have died or are far away.	

Total: _____

Behavioral Patterns

#	Statement	Rating (0–7)
16	I eat more than I intend to and feel bad about it afterward.	
17	I drink alcohol more than I should or to cope with emotions.	
18	I spend more money than I can afford.	
19	I use other substances (e.g., cannabis, sedatives) more than usual.	
20	I withdraw or 'shut down' instead of reaching out for support.	

Total: _____

Physical and Routine Disruption

#	Statement	Rating (0–7)
21	My sleep pattern becomes irregular or inadequate.	
22	My energy level is lower than usual.	
23	I feel run down or physically unwell more often.	
24	I have trouble maintaining healthy eating or exercise habits.	
25	I find it hard to return to normal routines after the holidays.	

Total: _____

Meaning and Outlook

#	Statement	Rating (0–7)
26	I feel disconnected from the true meaning or purpose of the holidays.	
27	I feel less hopeful about the future during this time of year.	
28	I struggle to experience joy or gratitude.	
29	I feel pressured by social media or comparisons to others' holidays.	
30	I wish I could skip the holidays altogether.	

Total: _____

Total ALL Scores: _____

Scoring Guide

Total Score	Range Level of Impact	Suggested Next Steps
0-40	Low impact	Normal holiday stress; maintain healthy routines.
41-90	Moderate impact	Some areas of strain; Consider stress-management techniques, coaching, or therapy
91-150	High impact	Strong impact; consider counseling or joining a support group.
151-210	Very high impact	Severe distress; seek professional help or crisis support.