

HANDLING THE HOLIDAYS

When You are Grieving

Coping Strategies for Holidays

- Decide what you yourself can or cannot do & discuss what you prefer with family & friends
- Don't be afraid to make changes - it may help everyone, not just you - plan ahead & let others know about changes
- Mark your calendar with the difficult days
- Eliminate unpleasant tasks associated with holidays
- Consider gifts (time, money, talent) in memory of people you love
- Buy yourself something special to open when you feel down – or send yourself flowers!
- Don't be afraid to have fun, to laugh, & to enjoy
- Letting go has nothing to do with forgetting





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Consider these ideas for
taking care of yourself

- Consider getting enough sleep, eating well & regular exercise into your schedule
- Consider that alcohol, cigarettes, & other drugs may increase stress & avoid excessive amounts of caffeine
- Consider Seek out support groups & reach out to others for caring & sharing
- Consider what you want to do and be sure to communicate the things you don't want to do
- Consider serving others in need which may give you something to do
- Consider it's ok not to be ok and you do not need to put on a façade just to please others

