

Surviving the Holidays



We hope your holidays are filled with laughter & love.

The first year is tough. Not only have you had a loss, but you are overwhelmed with emotions. The first year is full of firsts. There are all the special occasions when we would have those loved ones here to celebrate with us. We miss them more than ever.

Grief during the holidays can be particularly challenging. The festive season often emphasizes family and togetherness, which can intensify feelings of loss for those who are mourning. Here are some ways to cope with grief during this time.



New Traditions

It's important to remember that everyone grieves differently, and there's no right or wrong way to navigate the holidays while dealing with loss.



HONOR YOUR LOVED ONE BY
DOING SOMETHING THEY
LOVED



Acknowledge Your Feelings

Allow yourself to feel sadness and grief without judgment. It's okay to not feel festive.

Create New Traditions

Consider establishing new rituals that honor your loved one while still allowing you to engage with the holiday spirit.

Stay Connected

Reach out to friends and family for support. Sharing memories or simply spending time together can be comforting.

Set Realistic Expectations

Be gentle with yourself and recognize that it's okay to take a step back from holiday activities if you need to.

Honor Your Loved One

Light a candle, create a memory tree, or visit a place that reminds you of them. This can help keep their memory alive during the holidays.

Seek Help

If your grief feels overwhelming, consider talking to a therapist or a grief coach who specializes in grief.

Take Care of Yourself

Prioritize self-care by getting enough rest, eating well, and engaging in activities that soothe you.



Ideas

- Favorite Meals
- Place at the Table
- Buy a present for your loved one and donate it.
- Special Locations or Activities
- Give Yourself Grace
- Leave the Room if You Need a Minute
- Let Everyone Know Your Expectations Before the Event
- It's Okay to Say No
- You Don't Have to Forget to Enjoy the Moment



Think of your loved ones' favorite things. My husband loved being at the lake. For his birthday, my family spent the day at the lake sharing stories and happy moments we had there. For

Father's Day, we cooked his favorite meal and celebrated what a great Father he was. You could set a place at the table to honor your loved one. The important thing is that you let your family and friends know what you want to do ahead of time so there won't be any surprises or disappointment when someone does or doesn't do something you want. Keep the day joyous by sharing memories, stories, and laugh. That is what your loved one would want.

