Grief & the Holidays

Rather than avoiding the feelings of grief, lean into them. It is not the grief you want to avoid, it is the pain

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Do's & Don'ts

- Do be gentle with yourself and protect yourself.
- Don't do more than you want, and don't do anything that does not serve your soul and your loss.
- Do allow time for the feelings.
- Don't keep feelings bottled up. If you have 500 tears to cry don't stop at 250.
- Do allow others to help. We all need help at certain times in our lives.
- Don't ask if you can help or should help a friend in grief. Just help. Find ways; invite them to group events or just out for coffee.
- Do, in grief, pay extra attention to the children. Children are too often the forgotten grievers.

Ways to Remember

- Light a memorial candle.
- Write a card or letter to the person who died
- Hang a special decoration in memory of the person, such as a wreath or stocking. If a stocking is used, place cards or pieces of paper with memories inside.
- Buy a gift the person would have liked and donate it to a charity.
- Set a special memorial place at the table during a holiday meal.
- Create a memorabilia table or corner.
- Share one of the person's favorite foods or meals. Food can be a great spark for sharing memories.
- Share memories



Honoring Non-Death Losses

- Write a release letter
- Focus on micro-gratitudes
- Establish a new ritual
- Limit social media
- Be direct about your capacity
- Give yourself permission to skip
- Create a plan B in case you need to skip out on plan A
- Consider a Destination Holiday
- Allow for mixed emotions and feelings