

Tips to Cope with Grief During Holidays

For most people, holidays are a happy, festive time of year. But, for those facing holidays after the loss of a loved one, it can be lonely, depressing, and often difficult to handle.

Holidays or not, it is important for you to find a way to take care of yourself.

THE FOLLOWING GUIDELINES MAY BE HELPFUL:

Be good to yourself. Slow down your pace. Plan your schedule ahead of time so you can scale back on activities if you want too.

Acknowledge your loss. Select a candle in your loved one's favorite color and scent. Place it in a special area of your home and light it as a significant time throughout the holidays. Put together a photo album or collage, visit your loved one's grave, or write a poem.

Give yourself permission to express your feelings. If you feel the urge to cry, let the tears flow. Tears are healing. Talk to your family and friends about your feelings.

Don't feel guilty if you find yourself enjoying yourself around the holidays. It is not disrespectful to the memory of your loved one.

Celebrate life. Attend a holiday or religious service if faith is part of your life. Recognize it is acceptable to create new traditions.

Embrace your memories and find comfort in them.



Samaritan

LIFE-ENHANCING CARE

The Samaritan Center for Grief Support
(800) 596-8550 | SamaritanNJ.org