Coping with Holidays Use this booklet to remember your loved one, explore gifts, care for yourself and those who support you. Samaritan | GRIEF SUPPORT

The absence of a loved one can be deeply felt during the holiday observances and celebrations.

This kit serves as a resource to remember your loved one, explore gifts, care for yourself and those who support you.

HOLIDAY RECIPE

Write down your loved one's favorite holiday recipe.

		Recipe:	
INGREDIENTS:	DIRECTIONS:		
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CELEBRATING THE SEASON

How do you plan to celebrate and remember your loved one this holiday season?

Place a photo of your loved one here

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GIFTS FROM YOUR LOVED ONE Jot down gifts he/she brought to the world. GIFTS TO GIVE YOURSELF Self-care is important. List the ways you plan to care for yourself. Grief never ends... but it changes. It's a passage, not a place to stay. ~Anonymous Those we love truly never leave us. ~Jack Thorne

MUSICAL MEMORIES

What song or type of music reminds you of your loved one?

Write your favorite lyric here:



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When someone you love becomes a memory, the memory becomes a treasure.

~Unknown

WHO & WHAT ARE YOUR SUPPORTERS

CARING FOR YOURSELF

Based on what you have learned about coping with holidays, list a few things you can do to care for yourself.

Remember to use these skills as other special days approach.

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