

## 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.*



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