

## Coping with Holidays CARE KIT

The absence of a loved one can be deeply felt during holiday observances and celebrations. Use this worksheet to remember your loved one, explore gifts, self-care, and those who support you.

### HOLIDAY RECIPE

Write down your loved one's favorite holiday recipe.



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

– Unknown

INGREDIENTS	DIRECTIONS

PLACE A PHOTO  
OF YOUR LOVED  
ONE HERE

### CELEBRATING THE SEASON

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

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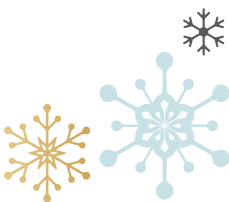

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## GIFTS FROM YOUR LOVED ONE

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.

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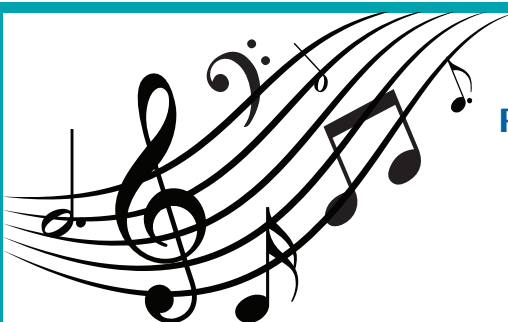
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WHAT SONG OR TYPE OF MUSIC  
REMINDS YOU OF YOUR LOVED ONE?



Write your favorite lyric here.

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*Those we love  
never truly  
leave us.*  
– Jack Thorne

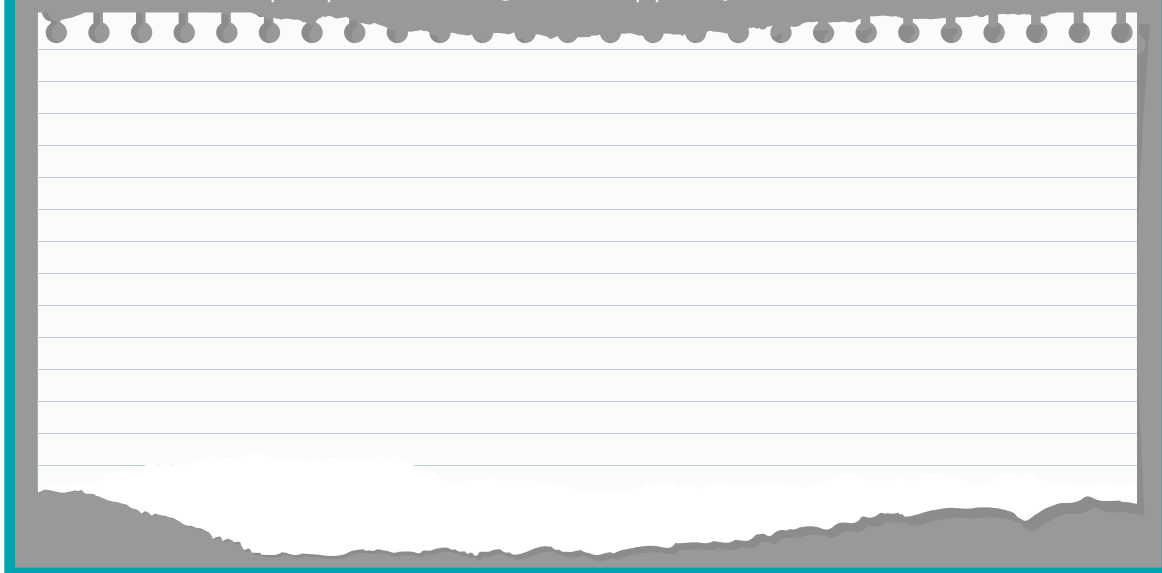
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## WHO & WHAT ARE YOUR SUPPORTS

Write down the people and things that support you the most.



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**BASED ON WHAT YOU HAVE LEARNED ABOUT COPING WITH THE HOLIDAYS,  
LIST THINGS YOU CAN DO TO CARE FOR YOURSELF.**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

**4.** \_\_\_\_\_



*Grief never ends...  
but it changes.  
It's a passage,  
not a place to stay.*  
– Anonymous

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