



Tips for Getting Through the Holidays

You cannot skip the Holidays. Face them squarely and make plans with loved ones.

Make plans for THIS Holiday. Don't look forward to all the holidays to come. There is nothing you do that can't be changed next year.

Think about doing something symbolic to honor the memory of your loved one. Whether it is beginning a new tradition or carrying on an old one, make your loved one a part of the Holiday.

There are always unrealistic expectations during the Holidays. Don't let yourself get caught up in these. Accept what is normal for you.

Take care of yourself. Holidays usually mean extra fatigue, drinking, partying, visiting. Don't let yourself get bogged down in their holiday pressures.

Remember that you are grieving. You will feel joy, pain, and bittersweet memories. Let them come.

Plan ahead. Make lists. Take advantage of your good days.

Let yourself cry when you need to. You will not ruin the holiday for yourself or for others. Do what comes naturally for you. Holding in your emotions can be detrimental.

It may be helpful to set limits. Let others know what you need and how they can best help you. Don't be forced into doing something because someone else thinks that you should.

Give yourself permission to have joyful times as well as mournful times. They are normal, not a betrayal.

Discuss your holiday plans with loved ones. Decide what to keep, what to change, what to discard. Make your goals small. Don't overcommit yourself. Take it slow and easy.

Go over your plans. Why are you doing them? For you or for someone else?

Do something for someone else. Even though you are feeling sad, reaching out to other can often bring a sense of fulfillment.