



COPING WITH HOLIDAY GRIEF

Holidays can be a difficult time after you have experienced the death of a loved one, especially during the first year of bereavement.

Some people find it difficult to get into the “holiday spirit” and have thoughts of not celebrating their first holiday without their loved ones. Below are some tips on how to cope during this holiday season.

❖ TRADITION

If holidays are traditional for your family, you might want to break tradition or make a new tradition: Try celebrating on a different day or time than usual, hold it in a different location, and/or have your event catered.

❖ SEEKING ASSISTANCE

Ask for help. Don't be afraid to ask for help with your holiday planning: writing out cards, cooking dinner, wrapping presents, holiday shopping, etc.

❖ SOMETHING SPECIAL

Have a special food, service, and/or music that your loved one enjoyed. Remember them by hanging their stocking, lighting a candle, putting out their photograph and including some of their favorite holiday traditions.

❖ TAKE CARE OF YOURSELF

Make sure that you take time for yourself. It is important to try and eat well, rest, exercise, take breaks, ask for assistance, and try not to over do it.

❖ BE FLEXIBLE

It is important to know your limitations. If you are not sure if you want to attend a holiday event, try going for an hour or two. Later, check-in with yourself to see if you want to stay longer or go home early. It is okay to be flexible and know what your limitations are.

❖ AVOID THE HOLIDAYS ALTOGETHER?

You do have the option of not celebrating the holidays this year. But, you might find it beneficial to spend some time with family and friends and share with them your feelings.

❖ PROFESSIONAL ASSISTANCE

Seeking out professional assistance is important. It helps to have someone to talk to about your feelings and releasing some tension and stress that you might feel during this time. Maybe attend a holiday grief support group or even some individual counseling sessions.

Please call the Forget-Me-Not Center of HospiceCare of Southeast Florida if you would like some further assistance with your holiday grief.

954-467-7423 ext. 1500.