

Managing the Holidays While Grieving the Loss of Your Loved One

By Kathleen Snyder

Our journeys through grief are each unique. That said, there are common considerations that may help you through your holidays.

1. The holidays can be totally overwhelming, especially now that a member of my family has died.
2. Be honest with myself.
 - a. Be wise and selective on my safe and trusted family and friends with whom I can share.
 - b. Decide what to share as well as how much to share.
3. Make a plan . . . with lots of flexibility.
 - a. Consider what activities I would like to do this year.
 - b. Consider what activities my family/friends would like to do this year.
 - i. Do I need to do this activity this year?
 - ii. Would it be better to do this/these at a different time?
 - iii. Give myself permission to pass.
 - c. Are traditions helpful this year?
 - i. If so, I will do them.
 - ii. If not, perhaps I might pass this year.
 - iii. Maybe I will consider a new tradition.
4. I am moving forward in my life, not forgetting my loved one, but bringing memories of them with me.
 - a. I will talk about my loved one.
 - b. Perhaps I will light a candle as a symbol of their light shining in my life.
5. If invited to events, I will. . .
 - a. Be kind, gentle and compassionate with myself.
 - b. Give myself permission to attend or not.
 - c. Give myself permission to leave early.
 - d. Drive myself and if the grief begins to overwhelm me, I will safely leave.
6. Let family and friends know what would be of help to me, to us.
7. Rest, hydrate, eat to nurture myself.
8. If I am a person of faith, I will lean into it, when possible.

