

How to Cope WITH GRIEF THROUGH THE HOLIDAYS



01

SET REALISTIC EXPECTATIONS

Remember that this year is different. Decide what you can and can't do. Ask yourself if you want to continue the tasks and events of celebrating. Accept help cooking, decorating, etc. Consider shopping online if crowds or memories seem like too much.

SURROUND YOURSELF WITH SUPPORT

Let family and friends know about changes you need in the holiday routine. If memories bring you comfort, tell stories and look at photos together.

03

AVOID CANCELING THE HOLIDAY

It's okay to not be okay with everything the holidays offer and demand, but don't isolate yourself. Create time for solitude, to remember and grieve, but try to balance it with social activities.

GIVE YOURSELF PERMISSION

Allow yourself to feel all that you may feel: sadness, joy, anger. Everyone grieves differently, and it's important to remember that some may laugh while others cry. Either way, your loved one is not forgotten.

04

