



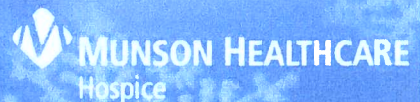
Grief & The Holidays

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1

Blue Christmas?

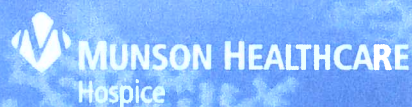
- ❄ It's normal to be feeling sad or even be dreading some Christmas traditions.
- ❄ It's ok to not be ok. It's ok to fall apart.
- ❄ It's also ok to be looking forward to connecting with family and friends with the hope of being distracted from your grief.
- ❄ There is no right or wrong way to feel.
- ❄ Plan ahead.



2

Create a Sense of Presence

- ❄️ They may be physically gone, but you can still create their presence.
- ❄️ Make their favorite food.
- ❄️ Say their name.
- ❄️ Put out a picture.
- ❄️ Light a candle.
- ❄️ Set a place at the table.
- ❄️ Have a memory box or book out.



3

Connect & Share

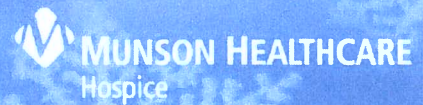
- ❄️ Spend time with others grieving.
- ❄️ Create quiet time in addition to large gatherings.
- ❄️ Reduce commitments.
- ❄️ Take breaks.
- ❄️ Have an exit plan.



4

Create Comfort

- ❄ Go easy on yourself. Lower expectations.
- ❄ Protect your peace. Take breaks. Say no.
- ❄ Take a break from social media.
- ❄ Make space and time for your grief.
- ❄ Trust your heart. You are the only one who knows what you need.



5

Be Kind to Yourself

- ❄ You did not ask for this.
- ❄ You are missing not only your person but who you used to be.
- ❄ Take a deep breath.
- ❄ Laugh.
- ❄ Cry.
- ❄ Remember.
- ❄ You are doing the best you can.



6



Grieving & Holidays: Plan ahead, Communicate & Adjust Expectations

Holiday Tradition:	Did it bring you joy?	Do you want to do it this year?	Do you want to make changes?	How do you want it to be different?	Who could help you?
1. Preparing a large meal					
2. Having people over					
3. Attending holiday parties					
4. Attending religious services					
5. Decorating outside your home					
6. Decorating inside your home					
7. Visiting others in their homes					
8. Having a Christmas Tree and/or trimming it					
9. Baking cookies					
10. Exchanging cookies/baked goods					
11. Sending cards					
12. Listening to holiday music					
13. Attending community events					
14. Exchanging gifts with family					
15. Exchanging gifts with friends					
16. Volunteering/donating to charities					
17. Cleaning the home					
18.					
19.					
20.					
21.					



There is no right or wrong way to grieve.