

# HANDLING THE HOLIDAYS

## *When You are Grieving*

### Taking care of yourself

- Get enough sleep, eat well, take vitamins, & plan regular exercise into your schedule
- Recognize that alcohol, cigarettes, tranquilizers & other drugs increase stress & avoid excessive amounts of caffeine
- Seek out support groups & reach out to others for caring & sharing
- Do not give in to pressure to accommodate people you ordinarily would not
- Give yourself to others in need
- You are grieving, so do not put on a façade just to please others



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### Coping Strategies for Holidays

- Decide what you yourself can or cannot do & discuss what you prefer with family & friends
- Don't be afraid to make changes – it may help everyone, not just you - plan ahead & let others know about changes
- Mark your calendar with the difficult days
- Ask what you really want to celebrate – what has significant meaning?
- Eliminate unpleasant tasks associated with holidays.
- Consider gifts (time, money, talent) in memory & honor of people you love
- Buy yourself something special to open when you feel down – or send yourself flowers!
- Don't be afraid to have fun, to laugh, & to enjoy
- Letting go has nothing to do with forgetting

