

Grief and the Holidays

Holidays, birthdays, and anniversaries are usually a time for celebration but also a devastating and painful time for someone who has recently suffered the loss of a loved one. Finding the right words to help them cope during this period may be more difficult than you are prepared for. Review these tips to help those you care get through these difficult ways.



- **Encourage Time for Emotions.** Encourage him/her to express how they are feeling. Keeping everything bottled up and avoiding the pain may not be helpful.
- **Help Out!** Try to lend a helping hand and offer assistance in anything that may need to be done.
- **Share Memories.** Encourage him/her to share personal memories and pictures of their loved one. Remembering happy times may be comforting.
- **Light a Candle.** Light a candle in memory of the loved one that passed away.
- **Try Something New.** Instead of repeating traditions from previous years, encourage them to try something new to ease their pain.
- **Stick to a Routine.** Try to keep them on a strict routine such as eating right, getting enough rest and exercising regularly.
- **Plan for the Future.** Brainstorm ideas for a trip or an outing that he/she can look forward to doing once the holiday is over.
- **Take Personal Time.** Sometimes he/she may need to be alone. Encourage them to take time to relax and rest up.