

## Tips for Coping through the Holidays



### If you don't know where to start

- *It's impossible to know exactly how you'll feel.* Take care of your health, get adequate sleep, and find ways to be active.
- *Approach the holidays with curiosity rather than expectancy.* It may surprise you how you cope with important days. There is no right or wrong way.

### If it all seems too overwhelming

- *Set limits.* Only do things that are important to you.
- *Avoid overdoing it.* Sometimes we keep busy to stay distracted from pain. Remember pain in grief serves a purpose.
- *Recruit help.* Be kind to yourself and allow loved ones to help.

### If you're worried about facing others

- *Be prepared with a canned answer.* "I'm doing OK" or "some days are better than others" is completely acceptable.
- *Don't be afraid to cry in public.* Surround yourself with people who are good listeners, people will be understanding.
- *Prepare an exit strategy.* Only commit to certain times after events begin. Create a reason to leave if you need to, even to go home.

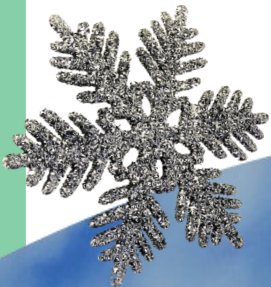
## Tips for Coping through the Holidays (continued)

### If you know children who are grieving

- *Involve them in making a decoration in honor of their loved one.* This encourages them to share memories and express feelings freely.
- *Make a memory box or scrapbook together.* Decorate it for the season and fill it with pictures and special items.
- *Ask children and others what they miss about their loved one.* This gives everyone an opportunity to share a memory and acknowledges that this special person is not here.

### Facing the years ahead

- *What you choose to do the first year can always change.* Experiment with new family rituals. There are many ways to honor your loved one on special days.



**You are not alone**

Please call 231.728.3442 or 1.800.497.9559 for an appointment or for more information on our support groups.

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