
1
Say yes to help. Allow family members and friends to help you prepare for the holidays. You don't have to do everything on your own.
GrieveWell
2
"We bereaved are not alone. We belong to the largest company in all the world--the company of those who have known suffering."
- Helen Keller
GrieveWell
3
Make time for self-care. Make sure you drink plenty of water, get enough sleep, and take deep breaths when things feel overwhelming.
GrieveWell
4
"No journey out of grief was straightforward. There would be good days and bad days."
- Jojo Moyes, After You
GrieveWell
5
During the holidays, you may experience grief triggers. These are things that bring up memories or emotions related to your loved one. It's ok to be sad when they happen.
GrieveWell
6
Common holiday triggers include familiar sights, sounds, smells, or objects. Scan your house to prepare for what might be triggering for you or others.
GrieveWell
7
Take a moment to think about how you want to handle a grief trigger when it happens. This will help you feel more in control of your emotions, but make sure to give yourself space to grieve.
GrieveWell
8
"True healing occurs when I give myself permission to feel whatever feelings live below the triggers."
- Gabby Bernstein
GrieveWell
9
"Sometimes it's OK if the only thing you did today was breathe."
- Yumi Sakugawa
GrieveWell
10
You don't have to keep every holiday tradition after a loss. Take some time to decide which traditions you want to keep or change.
GrieveWell
11
If you are worried about feeling overwhelmed by grief at a holiday event, have an exit strategy. It is always ok to leave.
GrieveWell
12
Get rid of "should" statements. Manage expectations and allow yourself to accept help from others. You don't have to bake all those cookies or send out cards this year if you don't want to.
GrieveWell
13
Honor differences among family members. People may have different rituals and traditions that are helpful for them.
GrieveWell
14
"What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us."
-Helen Keller
GrieveWell
15
Remind the children who are affected by the loss of a loved one that it is ok to enjoy the holidays. Helping children find joy can also give you a reason for celebrating.
GrieveWell
16
Find ways to honor and remember your loved one during the holidays.
GrieveWell
17
Light a candle in memory of your loved one. Every time you walk by it, it will remind you of the light their memories bring to your life.
GrieveWell
18
"What is lovely never dies, but passes into another loveliness"
- Thomas Bailey Aldrich
GrieveWell
19
Set a place setting for your loved one at your holiday table.
GrieveWell
20
Do something nice for someone else, even if its as simple as holding a door for someone. Helping others will make you feel good as well.
GrieveWell
21
Volunteer in memory of your loved one for a cause that was important to them.
GrieveWell
22
If you mail a holiday card every year with a family photo, find a symbol (like a butterfly or star) to add to the card to represent a family member who has passed.
GrieveWell
23
"Your memory feels like home to me.
So whenever my mind wanders, it always finds it's way back to you."
- Ranata Suzuki
GrieveWell
24
Use positive affirmations to help yourself when you're stuck or struggling. Tell yourself things like "I walk this path, healing as a I go, knowing I do not walk alone"
(healingbrave.com)
GrieveWell
25
Self-care is not selfish. Take the time to make sure you give yourself what you need today. Stay hydrated, get sleep, and do things that bring you joy.
GrieveWell
26
"Affirmations are our mental vitamins, providing the supplementary positive thoughts we need to balance the barrage of negative events and thoughts we experience daily."
- Tia Walker
GrieveWell
27
Go somewhere today that makes you feel at ease. Maybe that is on a hike, to the bookstore, or a friend's house.
GrieveWell
28
Explore new hobbies for the New Year like journaling, photography, hiking, or baking.
GrieveWell
29
Practice mindfulness and deep breathing techniques. This will help you navigate the stress of preparing for the new year.
GrieveWell
30
Rather than setting "self-improvement" goals for the new year, instead set goals that focus on healing and self-discovery.
GrieveWell
31
"Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'"
-Alfred Lord Tennyson
GrieveWell