

COPING STRATEGIES FOR HOLIDAY GRIEF

C- Compassion for self

Understand that it is normal to not be your “normal” self right now
Grief affects every part of your being: physical, mental, behavioral, emotional, spiritual. You have special needs at this time.

Reduce your expectations

Honor your reduced capacity by reducing expectations of self

Reduce your expectations of others

Recognize that others are not mind-readers

Don't expect others to suddenly improve longstanding behaviors, especially if they are also grieving

O- Open communication

Express grief; seek supportive people who can listen

Be honest instead of “strong”

Ask for what you need

Ask others what they need, recognizing it may be different

P- Planning

Pain is inevitable; planning ahead helps

Preserve energy by *reducing* the negative

Eliminate or change activities that cause stress

Preserve connection by *creating* positive

Keep/create traditions that help you feel close to your loved one

E- Engage in Self-Care

Reflect on what brings you moments of peace or renewal

Make a self-care promise as a gift to yourself this season