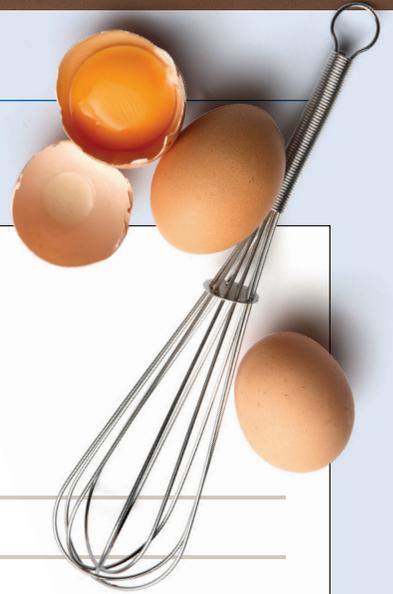


Coping with grief and seasonal change

- Set realistic expectations for yourself. Do what feels right. It's up to you which activities, traditions or events you can handle.
- Don't feel guilty about having fun. Accept your feelings.
- Talk to loved ones about their memories. If you want to honor your loved one, you can share a story about your loved one.
- **Light a candle for your loved one.** Make a Christmas decoration in memory of your loved one. Create an ice lantern that holds a candle in memory of them.
- Lack of sunlight. This leads to a lack of vitamin D and a drop in the neurotransmitter serotonin. Leaves you tired and "blue" and maybe even irritable.
- Cabin Fever. Too much time spent indoors can lead to restlessness, depression, and irritability and too much time inside spend thinking difficult thoughts and emotions with little relief from it.
- Social Isolations. If you're already prone towards isolating yourself while grieving, you'll be more prone to isolate during bad weather and shorter days. Being alone too much can impact negatively on your physical and emotional health.
- Not moving enough. Even a small amount of physical movement can boost your emotional and physical health.
- Poor eating. Yes, grief often equals comfort food. And it's known that in the wintertime, people indulge in food more.
- Make a photo album or scrap book
- Create a new tradition or add a twist to an old one. Perhaps starting a holiday breakfast or hanging a bird feeder for the winter to watch. Let go of guilt around change if it will help you cope.
- Make a list of comedy movies or shows to watch
- Order some books ahead of time you want to read
- Replace all bulbs with daylight bulbs and add a lamp where needed
- Send out holiday cards with a memory or pic of your loved one
- Remember, however you start celebrating holidays at the beginning may be a precedent you set going forward.
- Let others know the guidelines. Call, text, email, social media, etc to your friends and family and let them know what YOU need. Should they or shouldn't they talk about your loved one?
- As winter slows us down, many of the distractions we used to get to this point are removed from our day, making us have to face our grief in a more face to face and relenting way. It may feel worse when things slow down so be ready to be extra patient with yourself.
- Buy gifts for yourself. Maybe give someone a few dollars to get you a gift like you used to receive. If your loved one always got you a sweater for a gift, maybe have a close friend do the same
- Make their favorite holiday or winter meal
- Volunteer at an organization in their name
- Swap out candles in your home with battery operated as you may be extra tired due to grief and have altered sleeping schedules making open flame more risky
- Journal. Create a digital journal or paper
- Memorialize their name (memorial bench, brick, tree etc at various organizations)
- Make ornaments for family and friends

HOLIDAY RECIPE

Write down your loved one's favorite holiday recipe.



Recipe:

INGREDIENTS:

DIRECTIONS:

CELEBRATING THE SEASON

How do you plan to celebrate and remember your loved one this holiday season?

Place a photo
of your
loved one
here

GIFTS FROM YOUR LOVED ONE

Jot down gifts he/she brought to the world.

GIFTS TO GIVE YOURSELF

Self-care is important. List the ways you plan to care for yourself.

“

*Grief never ends... but it changes.
It's a passage, not a place to stay.*

~Anonymous

“

*Those we love
truly never leave us.*

~Jack Thorne

”



