

This Holiday Season

As you move through the holiday season and head into the New Year, you may be thinking of holidays past and have concerns and questions about how to spend the holidays this year. Questions and thoughts may arise:

- Will we continue with traditions as they were, will we modify them, or create a whole new way of doing things?
- Is it okay to laugh and enjoy ourselves?
- What if we break into tears right in the middle of a celebration?
- Will others remember those who have died and mention their name? Or will I feel isolated in my grief?
- When I'm home, I feel like going out, and as soon as I go out, I feel like coming back home.
- My life is so different at holiday time this year.

Here are some suggestions for those who are grieving during the holidays:

- Remember that you have the right to say "Time Out" any time you need to
- Tell it like it is...when people ask "how are you?" you have the right to tell them how you really feel
- Do things differently this time, if that feels best
- Be where you want to be
- Have some fun
- Cry when you need to
- Change direction in mid-stream
- Find time for rest, peace and solitude
- Ask for help, support and understanding when you need it

You may be surprised to find that the holidays are more or less challenging than you anticipated. Either way, be gentle with yourself. May this holiday season bring you comfort, strength, peace and hope.