



WAYS TO GET THROUGH THE HOLIDAYS **WHEN YOU ARE GRIEVING**

- ✧ Make a special holiday decoration with a photo of your person who died.
- ✧ Give a toast in honor of your person who died.
- ✧ Enjoy a favorite holiday ritual or create a new one. For example: Place a candle near a photo of your person who died.
- ✧ Do something meaningful for someone in need of support such as donate to Toys for Tots, Visit a Senior Center, Visit an Animal Shelter or bake cookies for a neighbor.
- ✧ Curl up with a blanket and take a nap or watch a favorite movie (maybe a movie you used to watch with your person who died.)
- ✧ Contact other group members and support each other.
- ✧ Find some ways to have fun and stay safe! Example: Dance, take a hike in nature, visit with friends on line or outdoors.
- ✧ Watch videos or listen to audio recordings of your person who died.
- ✧ Practice Coping skills you learned in group
- ✧ Ask for help, support and understanding when you need it while also allowing yourself room for rest and solitude.

www.OurHouse-Grief.org
West LA, Mid-City/Koreatown & Woodland Hills: (888)417-1444