8 tips for handling...
Grief & the Holidays

Holidays are normally stressful. Loss can make them seem impossible.
What can you do?

1. Be kind to yourself.
You've lost someone special. Your life will be forever different.

2. Know that it's okay to hurt, even during the holidays.
Someone is missing. Their absence is everywhere. It hurts.

3. Accept that this holiday will be different.
You bump into a memory with every step. Nothing is the same now, including this holiday.

4. Manage your own and others' expectations..
Take your heart seriously. You get to decide what to do, how, and with whom.

5. Get the time alone you need, but don't isolate yourself.

6. Spend time with safe people.
They accept you. They meet you where you are. They empathize and listen well.

7. Limit your time with those who aren't helpful to you.
Some people judge, criticize, and try to fix you. You don't need that additional heartache or stress.

8. Find ways to honor your loved one.
Continue a tradition. Share memories. Find ways to speak their name and tell their story.

This holiday will be different, but it can still be good.



Gary Roe is the award-winning, best-selling author of seven books, including *Surviving the Holidays Without You.* With more than 500 grief-related articles in print, he is a popular speaker at a variety of venues. Gary currently serves as a chaplain and grief specialist with Hospice Brazos Valley in central Texas.

Visit him at www.garyroe.com for more practical grief resources.