

Coping with Grief and Loss during the Holidays

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Holidays are usually considered a special time to gather with family and friends and recall happy memories. At Hospice By The Bay, we know that if you are grieving the loss of a loved one, feelings of sorrow can intensify during the holiday season. Happy memories may be dulled by the pain of loss. Sadness is a normal part of grief, so you may find that trying to live up to traditional ideals of holiday happiness can be demanding.



Here are some suggestions to help ease your stress during the holiday season:

- **Take care of yourself physically.** Experiencing the death of a loved one requires physical and emotional strength. Be sure you're getting healthy nourishment and a balance of rest and gentle exercise. Fight the tendency to rely on junk food because it's faster, easier, or less hassle.
- **Avoid excessive use of drugs or alcohol.** While substance use may numb feelings, it only postpones experiencing painful emotions, it does not eliminate them. In fact, excessive use of drugs or alcohol may even increase feelings of depression.
- **Take care of yourself emotionally.** Accept that there will be times when you are sad or anxious. Give yourself permission to feel unhappy, and cry if you need to. Ignore advice to be strong and hold back your tears.
- **Identify sources of support.** It helps to have someone who will listen while you talk about your feelings and offer emotional support without trying to come up with answers to your problems.
- **Allow yourself to feel good, to laugh, and even have fun.** Feeling good is a reminder that *you* are still alive and is in no way disrespectful to your loved one's memory.
- **Lower your own expectations of what you "should" accomplish.** Remember you are going through a physically and emotionally stressful time. Think ahead about which activities you want to attend, and know that you have the right to decline.
- **Your religious faith or spiritual beliefs may help.** It may be helpful to talk to a clergy member or Hospice Spiritual Support Counselor. However, know that it's normal to question beliefs after a loss and that you may not feel the hope and joy that faith once inspired.

- **Help children who are grieving.** A child's ability to cope depends on adults showing that it's okay to express feelings of grief, to cry, or say they miss the deceased.
- **Plan an activity to honor your loved one that you can do alone or with family and friends.** Here are some suggestions:
 - Donate the money you would have spent on gifts for your loved one to a charity or organization that was important to him or her. You or a child can write a note explaining the loving connection that prompted the gift.
 - Plant flowering bulbs or a tree in the backyard.
 - Do something or go to a special place your loved one enjoyed (watch their favorite movie, eat their favorite foods, or go somewhere they loved).
 - Set aside time for the family to share memories of your loved one.
 - Offer a prayer or toast to your loved one at meals.
 - Light memorial candles during the holidays.
 - Attend a public memorial ceremony, tree lighting or service of remembrance to gain comfort at a shared community gathering.

For support or more information about coping with grief and loss, contact Hospice By The Bay's community grief counseling program.



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Lauren Kenney, LCSW, is the Hospice By The Bay Grief Counseling Manager. Hospice By The Bay is a 501(c)(3), nonprofit, health care organization, serving the Bay Area since 1975. Hospice By The Bay is dedicated to providing the highest quality of end-of-life care to patients and support to their families. Through its grief counseling program for community members of all ages, Hospice By The Bay also serves anyone whose life has been affected by the loss of a loved one.

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