

Surviving the Holidays

- **Plan Ahead:** Decide ahead of time what may be expected of you.
- **Accept Your Limitations:** Grief takes most of your energy – plan to lower your expectations of yourself.
- **Take Care of Yourself:** DEER (drink water, eat healthy, exercise and rest)
- **Make Changes:** Your life has changed. It is okay to make changes in your holiday activities.
- **Ask for Help:** Bless others by accepting offers of help and let others know your needs.
- **Give Yourself Permission “To Be”:** Allow yourself “down time”
- **Have a “Something” Attitude:** Don’t do “everything” or “nothing”
Do Something
- **Talk to Others about your Losses:** Tell someone the things you miss about your loved one during this season.
- **Define your Boundaries:** What is necessary, important and optional.
- **Treasure current Relationships:** Focus on those in your life right now.
- **Focus on True Meaning of Holidays:** Intentionally look for blessings, gratitude and ways to bring out true meanings.