

MENTAL HEALTH MOMENT

GRIEF & THE HOLIDAYS

The holidays can put pressure on people to “get in the spirit” when they may need time & space to grieve. Loss experienced *at any time in the year* can be amplified during the holidays. Whether you are experiencing grief or supporting someone, here are some helpful tips.

Talk about it Find a caring friend or family member that will listen. Ignoring grief will not make the pain go away. Talk to someone you trust.

Accept help Many people aren’t sure how to support grieving loved ones. Accept they may not say & do things perfectly. Thank them for their efforts to help.

Be gentle to yourself Recognize you will be distracted when a certain sight, sound, smell, or event reminds you of your loved one. Grieving is fatiguing and can slow you down. Respect what your mind and body are telling you and don’t place unrealistic expectations to “be at your peak” this season.

Create a new tradition Find new ways to honor the loved one you lost. Light a memorial candle. Give an annual donation to a cause they loved. Write them a holiday letter. Lay a wreath at their grave. Find new traditions to celebrate memories. Expect moments of joy & sadness in these new traditions.

Remember the goodness of grief Grief comes as a result of giving and receiving love. Don’t let others take away your space and time to grieve. Be patient with yourself and surround yourself with caring & supportive individuals. Remove yourself from highly stressful situations as needed.



Be gentle to others The loss of a loved one can change the dynamics of our relationships. Allow time for others close to you to decide what is comfortable for them. Everyone grieves in their own way and they may need time and space as well. Let them know you are available if you wish & be aware, they may take time to reach out to you.

Get help Managing the stages of grief can be challenging. Are you feeling stuck? Do you feel you have no supports accessible to you? Receiving counseling for grief is a normal and healthy response. Set an appointment today.

Prepaid counseling is available through your **Employee Assistance Plan**
To schedule private and confidential counseling sessions:

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