

How to Manage through this Holiday Season

1. Be kind to yourself.
2. Give yourself space to be sad.
3. Acknowledge the loneliness.
4. Decide which activities and relationships to invest in this season.
5. Slow down.
6. Make fewer commitments.
7. Reduce your expectations.
8. Create more time to rest than usual. Grief is emotionally draining.
9. Pick a ritual to honor your grief.
10. Don't be afraid to say no.
11. Decide which traditions you want to continue and which ones you want to let go of.
12. Remember what you're in control of and what choices you have.
13. Acknowledge this holiday is different.