



## TIPS FOR DEALING WITH GRIEF DURING THE HOLIDAYS



The holiday season can magnify the sorrow we feel and be a painful reminder of those who are no longer with us. Whether it was a loss that occurred recently or years ago, feelings of grief can become overwhelming as we reflect on the people we've lost. Grief can impact how we experience the holidays.

### Tips to help manage grief from AARP:

- **Do what feels right.** It's up to you which activities, traditions or events you can handle. Create realistic expectations for yourself and others, but above all, be gentle with yourself.
- **Accept your feelings.** It's ok to experience a range of emotions and inevitable ups and downs. You may feel peaceful one moment and gut-wrenchingly sad the next. If you stay in tune with your own needs, you'll know how to get through the holidays without judging yourself or others.
- **Honor those who have passed.** It can be helpful to participate in a holiday ritual in memory of someone you've lost, especially if it relates directly to their interests. Some ideas include, lighting a candle, making a card or writing a holiday letter with the person's picture, or placing your loved one's photo or an item that represents them among your holiday decorations.

***If you are struggling with the grief of losing a loved one, please contact your provider or our program. Your provider or we will provide you with ideas and support to keep you healthy and safe this holiday season.***

## WE CAN HELP.

Our outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

**Call us today at 816-629-2629.**