

Suggestions for Holiday Activities

- Accept and face that this may be a difficult time, allow yourself to feel whatever is real for you...allow yourself to feel pain, happiness, sadness, etc.
- Purchase a small tree, decorate it and replant it after Christmas
- Light special candles
- Display a single fresh flower
- Have a special time to share holiday memories
- Purchase a gift or donate money to a charity in honor of your loved one
- Try something new
 - Change around your traditions
 - Celebrate on another day
- Memorialize your loved one in a way that connects with you
- Take care of you...know your limitations
 - Do not over commit
 - Only accept and do what it is YOU want to do

