



Warm Winter Wishes

and Tips to Manage Grief During the Holidays

Feel your feelings. Notice how grief is affecting you physically and emotionally, and allow yourself to experience your emotions without judgment. Anger, guilt and sadness can all be part of grief. It's also OK to experience moments of happiness and joy while grieving.

Set boundaries. Don't spread yourself too thin with holiday commitments. It's OK to scale back or say no. Some traditions may bring comfort, while others may feel painful without your loved one. Keep the traditions that feel meaningful, change those that don't or consider creating new ones.

Plan ahead. If you're concerned about becoming overwhelmed at a gathering, give yourself permission to arrive late, leave early or change your plans. Let the host know ahead of time if you may need to leave. Your social needs may be different while you're grieving, and that's OK.

Focus on what you can control. Consider what you need to care for yourself and simplify things when you can. Prioritize rest, nourishing foods, physical activity and other healthy habits that help you feel your best.

Memorialize your loved one. Find a meaningful way to remember the person you've lost. Light a candle, prepare a favorite dish, look through photos or share stories. You might also donate or perform an act of kindness in their honor.

Grieve with others. Talking with people who understand loss can help you feel less alone. Consider a grief support group or reach out to trusted friends and family members when you need connection.

Avoid comparisons. Everyone experiences grief differently. Try not to judge yourself or others for how the holidays feel or how you choose to spend them. Moments of joy and grief can exist together.

Seek professional support. You don't have to navigate grief alone. Your EAP can provide support, resources and strategies to help you process your feelings and cope with loss. Reach out when you need support.