



Warm Winter Wishes

for Those Dealing with Loss During the Holidays

The holidays are often associated with spending time with loved ones, sharing traditions and celebrating together. But after a loss, the season can also be a painful reminder that someone you love is no longer here to share it with you.

Grief may feel more intense during the holidays. You may experience increased sadness, fatigue, irritability or feeling overwhelmed, as well as changes in sleep or appetite. There is no right or wrong way to grieve, and it's OK if the holidays feel different this year.

While grief may change over time, you don't have to rush the healing process. Find comfort in familiar traditions or create new ones that honor the person you've lost. Share memories, spend time with people who support you and give yourself permission to participate in the season in whatever way feels manageable. Be flexible and gentle with yourself and others who may also be grieving.

If you're struggling with grief, reach out to your EAP. Your EAP can provide free support, resources and strategies to help you cope with loss and navigate the holiday season. Support is available 24/7, 365 days a year. You don't have to navigate grief alone.