

Coping With The Holidays

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Strive for Connection, not Perfection

1. Connection to Ourselves
 - The gift of “presence”: being fully available for our feelings
2. Connection to Others
 - Surround yourself with those who accept you as you are in your grief
3. Connection to our Loved One
 - The healing power of “continuing bonds”

Touchstone 2:

Make a “Plan A”

- Choices restore some empowerment
- Loss gives us opportunity to re-prioritize values and needs...make a plan that aligns with those needs
- Re-evaluate holiday traditions: what do you want to maintain? What do you want to change?
- Calls for good communication with other family members, and finding what works

Touchstone 3:

Make a “Plan B”

- “Grief attacks” call for flexibility
- Identify triggers and plan for self-care
- Having a back-up plan can be comforting, even if you don’t use it!

Touchstone 4:

If you're not feeling the "Ho, Ho, Ho" ...
Just say, "No, No, No"!

- *Boundaries* are part of self-care!
 - *Respect* your own limits
 - *Eliminate* unnecessary stressors
 - *Delegate* responsibilities
 - *Simplify* where you can
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Touchstone 5:

Find Ways to Remember Your Loved One at the Holidays

Rituals give a Time and Place to your loved one

- Light a candle in their honor
- Make their favorite holiday dish
- Make a donation in their name
- Make a special ornament in their honor
- Ask others to share a memory through a memory stocking, a memory jar, a toast, or any other creative way!



Touchstone 6:

The Gift of Self-Care

- “TLC” counters grief’s strain on the body, mind, and spirit
- What helps you feel:

nurtured?

relaxed?

renewed?

inspired?

comforted?

supported?



Touchstone 7:

Search for the Sweetness

Give yourself permission
to savor moments of:

Joy

Love

Laughter

Gratitude

and Hope!

