

Sunflower Counseling Center

Tips for Navigating Grief During the Holidays



Navigating Grief During the Holidays

Dealing with grief is hard no matter the time of year. Grieving during the holidays may feel particularly difficult. The holiday season can bring up painful memories and challenging emotions. There is no timeline for grieving and there is no right or wrong way to grieve. Everyone copes with loss in their own way. Here are some helpful tips to help you support yourself this holiday season:

TIP #1

Allow yourself to feel all your emotions.

Grief comes in waves. You may notice your feelings change from one moment to the next. This is to be expected. Give yourself permission to feel your emotions. You are allowed to take space for yourself, as needed. Find a helpful way to process your feelings like journaling, using a creative outlet, or even just crying it out.

TIP #2

Tend to your basic needs.

When we are overcome by intense emotion it can be hard to keep up with our self care. When this happens, we are in survival mode and it's time to focus on the basics. Ask yourself...

Have I eaten today?

Do I need rest?

Have I moved my body?

TIP #3

Identify Professional Supports

Navigating grief on your own can be hard and overwhelming at times. It's important to ask for support when we need it. This support can come in the form of meeting with a therapist or even joining a local support group. You can use your insurance website or search "Psychology Today" to find supports near you!

TIP #4

Use Your Support System:

Grief may cause us to withdraw from others, leaving us feeling isolated and alone.

It is important to remember, you are not alone. Look to your support system during this difficult time for love and support.

Here are some tips to help you make the most out of the supports available to you:

- Plan a lunch date with a loved one or invite them over for company if it feels too hard to leave home.
- Call or text a friend for a positive distraction.
- Accept your loved one's offer to cook you a meal.
- Ask a family member to help with child care.
- Be clear and specific when communicating your needs.