



MANAGING THE HOLIDAYS

- ✓ *Be kind to yourself.*
- ✓ *Give yourself space to be sad.*
- ✓ *Acknowledge the loneliness.*
- ✓ *Decide which activities and relationships to invest in this season.*
- ✓ *Slow down.*
- ✓ *Make fewer commitments.*
- ✓ *Reduce your expectations.*
- ✓ *Create more time to rest than usual, grief is emotionally draining.*
- ✓ *Pick a ritual to honor your grief.*
- ✓ *Don't be afraid to say no.*
- ✓ *Decide which traditions you want to continue and which ones you want to let go of.*
- ✓ *Remember what you are in control of and what choices you have.*
- ✓ *Acknowledge this holiday is different.*
- ✓ *Find a worship experience outside of your setting.*