



COPING WITH HOLIDAYS, BIRTHDAY'S & SPECIAL OCCASIONS

BY DR. ALAN D. WOLFELT

You Are Not Alone

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

Love Does Not End With Death

Since love does not end with death, holidays may result in a renewed sense of personal grief – a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sight and smells trigger memories of the one you love who has died. No simple guidelines exist that will take away the hurt you are feeling. We hope, however, that following suggestion will help you better cope with your grief during this joyful, yet painful, time of the year.

Talk About Your Grief

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who listen- without judging you. They help make you feel understood.

Be Tolerant of Your Physical or Psychological Limits

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. And lower your own expectations about being at your peak during the holiday season.

Eliminate Unnecessary Stress

You may already feel stressed so don't overextend yourself. Avoid isolating yourself but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.



Be With Supportive Comforting People

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings- both happy and sad.

Mention The Name of The Person Who Has Died

Include the persons name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part in your life.

Do What is Right For You During The Holidays

Well-meaning friends and family often try to prescribe what is good or you during the holidays. Instead of going along with their plans, focus on what you want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you clarify what it is you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

Plan Ahead For Family Gatherings

Decide which family traditions you want to continue and which ones you would like to begin following the death of someone loved. Structure your holiday time. This will help you anticipate activities rather than just reacting to whatever happens. Getting caught off guard can create feeling of panic, fear and anxiety during a time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

Embrace Your Treasure of Memories

Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind the memories are tinged with both happiness and sadness. If your memories bring laughter, smile; if your memories bring sadness, then its alright to cry. Memories that were made in love- none can ever take them away from you.

Renew Your Resources for Living

Spend time thinking about the meaning and purpose of your life. The death of someone loved creates opportunities for taking inventory of your life-past, present and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

Grief is Both a Necessity & a Privilege

It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving and caring people.

