



# Coping with Grief During the Holidays

As the holiday season draws near, the absence of our loved ones can feel even more profound. Traditions may feel overwhelming, and the expectations of others might feel unachievable. Holidays bring an emphasis on family, celebration, joy, and giving, which may sharply clash with how you or your family are feeling.

**Here are a few tips to help navigate this challenging time of year.**

- **Acknowledge your feelings.** It's okay if you don't feel the holiday spirit. Allow yourself the space to process your emotions at your own pace and to express what you are going through.
- **Be sensitive to your physical and emotional limits.** Identify the activities you want to take part in and opt out of those that cause unnecessary stress.
- **Practice self-care.** Prioritize your overall well-being and find moments of solitude when needed.
- **Consider new traditions.** Incorporating your loved one into new traditions can be meaningful. Permit yourself to do something different and think about ways to honor your loved one.
- **Lean on your support system.** Surround yourself with supportive, comforting people.
- **Take time to reflect.** Allow moments to quietly reflect on cherished memories and experiences. Journaling or meditation can help you process your feelings and gain clarity.
- **Celebrate small wins.** Recognize and appreciate the small steps you take on your grief journey.
- **Connect with community.** Engage with support groups or community events that focus on healing and remembrance. Sharing experiences with others who understand can be comforting.
- **Create a memory space.** Dedicate a small space in your home to honor your loved one, to place photos, mementos, or candles. This can serve as a peaceful place for reflection.
- **Allow yourself to feel joy.** It's okay to experience moments of happiness, even amidst grief. Smiling and laughing do not diminish the love you hold for your loved one.

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*Most importantly, be patient with yourself. Healing is a journey, not a destination.  
Allow yourself the grace and time needed to navigate your emotions without pressure or judgment.*

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Michael's Place serves the bereavement needs of the greater community through support, advocacy, and education.

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*let the healing begin*