

Coping with the *Holidays* Checklist

The holidays can be tough if you are suffering from a loss. **Care Dimensions grief support program** would like to offer this holiday checklist for your consideration. Check what you would traditionally do with a “T” and then check with a “W” what you want to do this year. Share this with your family or have them do one of their own and compare notes.

Holiday Cards

- Mail as usual
- Shorten your list
- Elect to skip this year

Shopping

- Shop as usual
- Give cash
- Shop through catalogs
- Ask for help
- Shop early
- Make your gifts
- Give baked goods
- Shop with a friend
- Don't exchange gifts now but perhaps later
- Make a list of gifts you want to purchase before you go out

Holiday Music

- Enjoy as usual
- Avoid turning on the radio
- Listen to music, have a good cry and allow yourself to feel sad

Decorations

- Decorate as usual
- Modify your decorations
- Ask for help
- Let others do it
- Have a special decoration for your loved one
- Eliminate the tree or other decorations

Traditions

- Keep the old traditions
- Attend holiday parties
- Don't attend holiday parties
- Go to an entirely new place
- Bake the usual holiday foods
- Buy the usual holidays foods
- Bake but modify what you would usually do
- Go to religious services
- Don't attend religious services
- Spend quiet time alone
- Visit the cemetery

Holiday Dinners

- Prepare as usual
- Go out for dinner
- Invite friends over
- Eat alone
- Change time of dinner
- Change routine of dinner - do a buffet
- Change location of dinner, eat in a different room
- Ask for help

After Hanukkah & Christmas, Approaching New Year's Day

- Spend as usual
- Remove decorations early
- Go out of town
- Avoid New Year's parties
- Attend a New Year's party
- Have a New Year's party
- Spend time with only a few friends
- Go to a movie
- Go to bed early