



Rosario Counseling
&
Associates
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Attending to your Grief this Holiday Season

Grief is a wound that needs attention to heal. For many, Thanksgiving and Christmas can be one of the most difficult days of the year. During the holiday season, it is especially important to remember that grieving is relearning your world. It is no longer the same... it is different. It is new. Therefore, there is a need to recognize that the holiday season is now different and new. Old traditions now have to become new traditions. It's not that we must forget and move on, but that we have to be intentional about celebrating and remembering in the midst of our pain. We can't pretend things are the same nor can we run away.

Here are some practical ways you can attend to your grief this holiday season without disengaging from the reasons to celebrate:

1. Let this year be a transition year. Try something new. Attend a different service. Change the location of your holiday meal.
2. Scale back on your holiday expectations. Simplify so you can enjoy the time versus dread the preparation. Instead of cook, buy food. Take a year off of Christmas cards. Minimize décor. Shop online.
3. Decorate with a candle in remembrance of your loved one.
4. Don't hide...just show up. Give yourself permission to cry in public if you need to. It's okay not to explain yourself and if you let go and cry, you will probably feel better.
5. Spend time with those who knew and loved your loved one. Remember and keep remembering.
6. Give money to a charity in honor of your absent loved one.
7. Find comfort in sharing your concerns, feelings, and apprehensions with a relative or friend as the holiday approaches.

At Rosario Counseling & Associates, we recognize it is a privilege to walk alongside those who are grieving. It is our desire to be a source of healing and comfort for those in despair. If you are experiencing grief this season and would like to meet with one of our counselors, please call (919) 649-5882.



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Resources

www.thewidowspeek.org
www.griefwatch.com

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