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**WHAT'S
YOUR
GRIEF'S**
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*Holiday
Grief
Support
Guide*



WWW.WHATSYOURGRIEF.COM

Articles to read and share!

click each link or copy/paste into your browser or into social media to share

A Practical Plan for Dealing with the Holidays After a Loss

<https://whatsyourgrief.com/practical-plan-for-dealing-with-the-holidays-after-a-loss/>

64 Tips for Coping With Grief at the Holidays

<https://whatsyourgrief.com/64-tips-grief-at-the-holidays/>

Remembering Loved Ones During the Holidays: 19 Suggestions

<https://whatsyourgrief.com/ways-to-remember-loved-ones-during-the-holidays/>

5 Tips for Surviving Tradition for the Children's Sake

<https://whatsyourgrief.com/keeping-up-with-family-traditions/>

The Youtube Cure for the Christmas Blues

<https://whatsyourgrief.com/kicking-christmas-blues/>

Recreating Family Recipes: An Epic Fail?

<https://whatsyourgrief.com/recreating-and-remembering-family-recipes-and-epic-fail/>

New Perspectives on Old Traditions: Grief and the Holidays

<https://whatsyourgrief.com/grief-and-the-holidays/>

Holiday and Hardship: Will the Kids be Alright?

<https://whatsyourgrief.com/holidays-and-hardship/>

Holiday Togetherness Game Plan: 11 Tips for Taking a Time Out

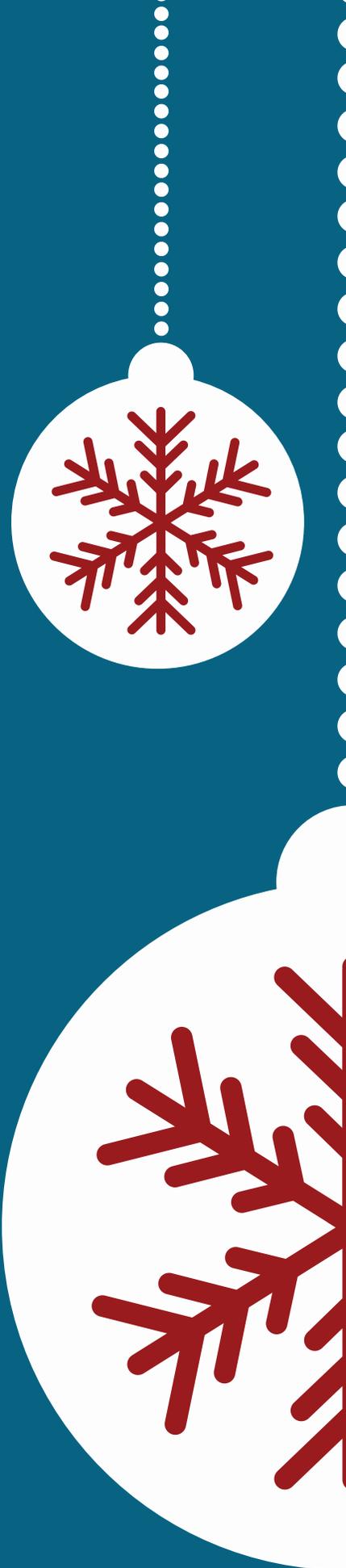
<https://whatsyourgrief.com/tips-for-taking-a-time-out/>

8 Tips for Supporting a Grieving Friend This Holiday

<https://whatsyourgrief.com/8-tips-for-supporting-a-grieving-friend-this-holiday/>

Keeping Holiday Grief Drinking In Check

<https://whatsyourgrief.com/understanding-grief-alcohol-brain/>

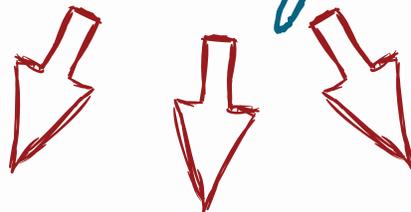


Holiday Grief BIN GO

<p>cried in public upon hearing a holiday song</p> 	<p>felt bitter looking at happy-family holiday photo cards</p> 	<p>felt guilty for feeling bitter looking at happy-family holiday photo cards</p>	<p>ducked out of a holiday party early without saying goodbye</p> 	<p>streamed all media in Dec. to avoid holiday movies & commercials.</p>
<p>explained "no, I shouldn't be over it by now"</p>	<p>turned down every holiday invitation you received</p> 	<p>regretted turning down every holiday invitation you received</p> 	<p>accepted a holiday invitation, blocked it out completely, and forgot to attend.</p>	<p>bought holiday cards and never mailed them</p> 
<p>planned to make your loved one's holiday recipe, but never did.</p> 	<p>put up a Christmas tree but never decorated it</p> 	<p>Free Space</p>		<p>made your loved one's favorite holiday recipe, burned it, had a meltdown.</p> 
<p>overcompensated for a miserable year by trying to create the 'perfect' holiday</p>	<p>argued with a relative over how to continue, change, or let go of a holiday tradition.</p>	<p>explained, "the first holiday wasn't the worst, it was a blur".</p> 	<p>cried watching a holiday commercial</p> 	<p>cried in public when you saw a gift your loved one would have loved.</p>
<p>hung a memorial ornament or other memorial decoration</p> 	<p>visited whatsyourgrief.com for some holiday grief support</p>	<p>vowed to spend next holiday on a tropical island.</p> 	<p>repeated the mantra "I just have to get through it for the kids"</p>	<p>wished there was a way to sleep until January</p> 

www.whatsyourgrief.com

more holiday grief support articles this way.





Holiday Music Out of Key: When Songs Become Sad

<https://whatsyourgrief.com/holiday-music/>

A Holiday Gift Giving Guide for Grievors

<https://whatsyourgrief.com/grief-gifts-guide/>

Remembering Ornament: A Holiday Grief Art Activity

<https://whatsyourgrief.com/holiday-grief-activity-for-kids-teens/>

In Defense of the Holiday Villain - You're Not a Grinch, You're Grieving!

<https://whatsyourgrief.com/defense-holiday-villain/>

The Art of Regrouping (aka It's Not a Hallmark Movie Charlie Brown)

<https://whatsyourgrief.com/the-art-of-regrouping/>

Tis the Season for Grief-Related Social Anxiety

<https://whatsyourgrief.com/grief-related-social-anxiety/>

Everything You Wish You Didn't Need to Know About Holiday Grief

<https://whatsyourgrief.com/everything-to-know-about-holiday-grief/>

6 Things to Consider Before You Skip the Holidays

<https://whatsyourgrief.com/6-things-to-consider-before-you-skip-the-holidays/>

16 Ideas for Creating a New Holiday Tradition After a Death

<https://whatsyourgrief.com/creating-new-tradition-after-a-death/>

10 Times Grief Made you Cry This Holiday Season

<https://whatsyourgrief.com/grief-made-you-cry-holiday-season/>

Holiday Grief: When the First Holiday is NOT the Worst Holiday

<https://whatsyourgrief.com/first-holiday-worst-holiday/>

A Griever's Pocket Guide to Spending the Holidays Alone

<https://whatsyourgrief.com/spending-the-holidays-alone/>

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Just Hold On.

<https://whatsyourgrief.com/hang-in-there-grief-at-the-holidays/>

Holiday Cards After a Death: The Great Debate

<https://whatsyourgrief.com/sending-holiday-cards-death-great-debate/>

4 Easy, Last-Minute Ideas for Memorializing Loved Ones This Holiday

<https://whatsyourgrief.com/four-easy-last-minute-ideas-memorializing-loved-ones-holiday/>

Guilt and Grief During the Holiday Season

<https://whatsyourgrief.com/guilt-grief-and-the-holidays/>

64 New Years Resolutions for Grievors

<https://whatsyourgrief.com/64-new-years-resolutions-for-grievors/>

New Year's Resolutions for Grievors

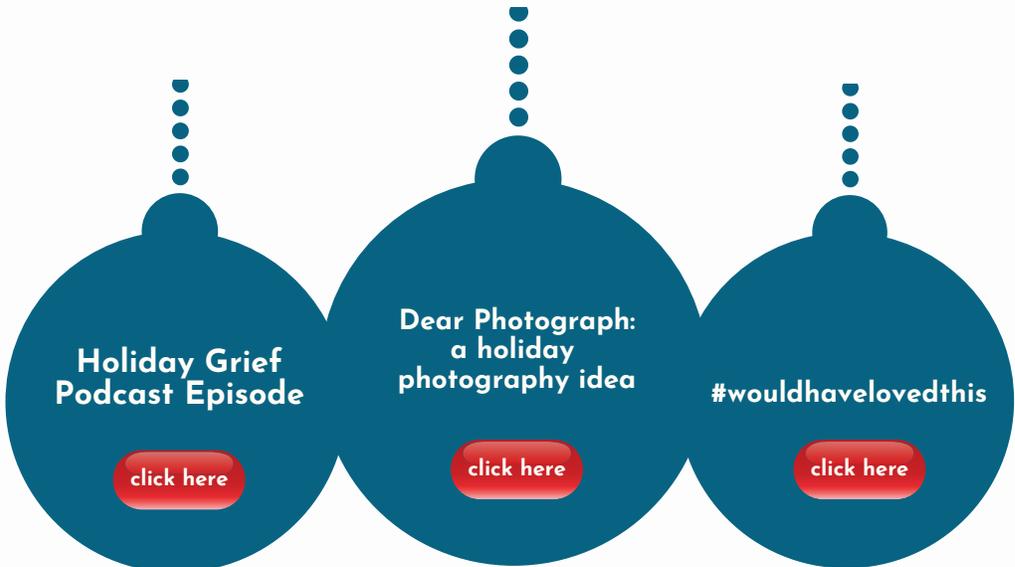
<https://whatsyourgrief.com/8-new-years-resolutions-for-grievors/>

Your Resolution Absolution

<https://whatsyourgrief.com/alternative-to-new-years-resolution/>

Coping With the New Year's Eve Blues: YouTube Edition

<https://whatsyourgrief.com/new-years-eve-blues/>



Holiday Grief
Podcast Episode

click here

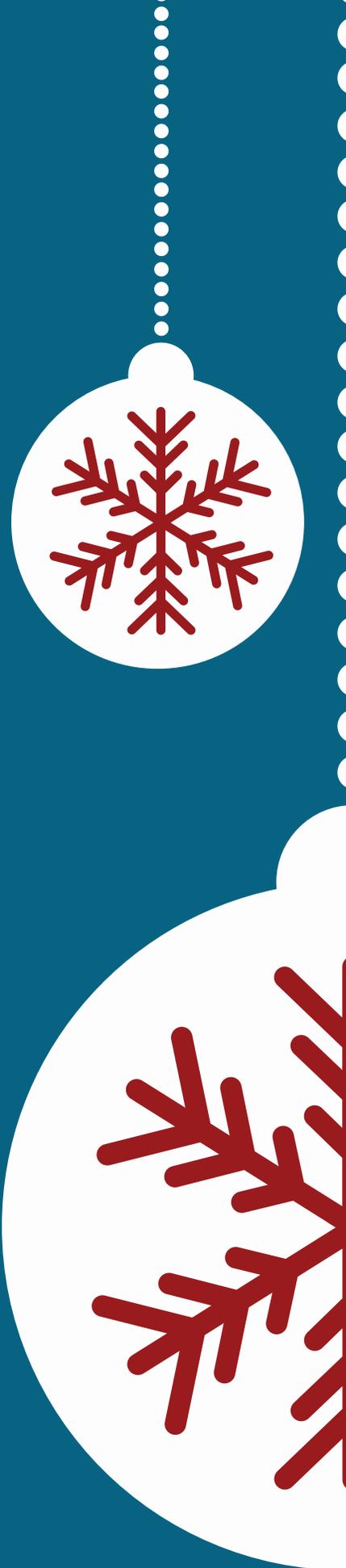
Dear Photograph:
a holiday
photography idea

click here

#wouldhavelovedthis

click here

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You can always access and
share our free ecourse on
coping with holidays and
special days



Managing Grief on Holidays and Special Days

*a self-paced
e-course*

FROM YOUR
GRIEF FRIENDS
AT WYG

<https://whatsyourgrief.com/course/coping-grief-holidays-self-guided-ecourse/>

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Don't forget...

**THIS HOLIDAY
I WILL...**

- CUT MYSELF SOME SLACK-I'M GRIEVING!
- EMBRACE THE REALITY THAT THERE WILL BE TEARS.
- NOT GET WRAPPED UP IN WHAT OTHER PEOPLE EXPECT OF ME.
- LOOK FOR SMALL MOMENTS OF PEACE AND COMFORT.
- REACH OUT TO & APPRECIATE THOSE WHO SUPPORT ME.
- TAKE SPACE FROM THOSE WHO DO NOT SUPPORT ME.
- REMEMBER THAT TRADITIONS CAN EBB, FLOW, AND FLEX.
- TAKE A BREAK IF I NEED ONE.
- SEEK COMFORT IN MEMORIES.
- REMAIN OPEN TO JOY, EVEN WHEN IT FEELS IMPOSSIBLE.

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