

**By Dr Bill Webster**

Why are the Holidays so difficult for Grieving People? There may be several reasons. Christmas is a time of celebration. These memories can be difficult as we remember better days and compare them to THIS Christmas. Holidays are usually a time to look to the future, but now future is difficult ... unimaginable ... and uncertainty always creates fear. So we are apprehensive about what we have to confront. We may even feel guilty about enjoying ourselves, as if this would be disrespectful to the memory of the person who has died. But we need to balance grieving what we have lost and appreciating what (and who) we still have.

1. Recognize that this Christmas is different
2. Decide what YOU want to do.
3. Plan Ahead. Avoid “should’s and oughts.
4. Re-examine your priorities.
5. Make the Changes you think are best
6. Take Responsibility for your own Happiness  
Act rather than react
7. Stay in touch with your Feelings  
Be honest about your feelings.
8. Don’t be afraid to Relive your Memories
9. Acknowledge your loved one’s presence
10. Create a Special Tribute
11. Look after Yourself  
Be compassionate with yourself about not being perfect.
12. Ask for and Accept Help  
Balance Solitude and Sociability
13. Set Differences Aside
14. Learn to Say “No”
15. Don’t Abandon Healthy habits
16. Take a Break from things
17. Try to find Something Positive in your Life  
How can you turn your loss into something positive.
18. Take Care of Children
19. Create a Special Tribute to the Person
20. Try to make Others happy
21. Face the Future with Hope
22. Remember, there will be OTHER Christmas’s.