



Grief and the Holidays



Feelings of grief and loss can be especially intense around holidays and holy days. We at Mabrie Memorial Mortuary would like you to know that our care for you continues and we offer these resources in that spirit.

Kelly Baltzell, M.A., CEO of Beyond Indigo, stresses the importance of taking care of yourself during this time of the year:

The holidays take considerable energy. Put both together and you have the potential of being exhausted and even sick by the time the celebrations are over. It is important to:

- **Slow down!** You do not have to go to every celebration, every office party, every family event; and you definitely do not have to accomplish every single item that is normally on your holiday “to do” list. Why not look over your gift list and give everyone gift certificates instead of presents this year? You might want to consider how you can give differently, or instead of giving gifts to friends and relatives, you might donate to a cause that your loved one supported.
- **Repeat the word No!** Some people struggle with saying, “No, I am sorry I just can’t do the party,”--or the dinner, or whatever—“this year.” People will understand if you are not able to attend every function or event. If people are not listening when you say “No,” be honest with them. Tell them it is just too hard this year after your loss.
- **Be specific about your wants and needs.** Grieving, at least in the United States, leaves friends and family not knowing how to help the grieving person. People get worried that if they ask you about the grieving, to state your needs and wants.
- **Eat, sleep and drink!** Even if you do not want to eat and keep your liquid intake high, it is critical that you do so. It is important to keep up your strength while you are grieving. If you are having trouble sleeping, talk to your doctor. Keeping your body healthy will also help you to keep your mind healthy and strong while you grieve.
- **Remember to cry.** Crying is a natural outlet of grief. Don’t try to hold back the tears. Let the tears flow--even if you are in the grocery store, at a holiday party, or visiting a friend.

After a loss, holidays and holy days do not have to be miserable times of the year. They can be times when the lives of your deceased loved ones are honored. When you are ready, start to change how you include deceased loved ones in old and new traditions.

Always remember, you are not alone. There are others who understand and are ready to help.

Wishing you peace and comfort during this holiday season



Handling the Holidays

Take Care Of Yourself. Eat right. Exercise (at least watch someone else). Get plenty of rest. Be nice to yourself. If nothing else, JOG YOUR MEMORY.

Pass On Family Treasures. If you have special items of your loved one's that other family members would treasure, wrap them up and give them this holiday season. Pass on the treasures rather than keep them locked away in a box.

Shop If You Must. You can survive holiday shopping if you:

- Make out the entire list ahead of time
- Go on one of your "good" days
- Take a friend along
- Shop when the stores are the least busy
- Try catalog shopping or give Holiday IUO certificates

Plan a Special Moment or Memorial for your loved one. Order a special bouquet for your church altar or donate a poinsettia to a nursing home in your loved one's memory. Plant a living Christmas tree in the yard or place a favorite flower on your breakfast table or mantle. Keep your loved one picture where you can see it often. Include your loved in your table blessing as your family gathers to celebrate the season.

Decorate something. Don't toss out the entire season! If you don't feel like decorating the whole house, try doing just a room or a corner or perhaps just a table. Decorate the grave if the cemetery allows that. Do whatever feels "right" for you and your family.

Be thankful for something. Think of all the things your loved one shared with you...love, happiness, joy, laughter. Write these "gifts" on pieces of paper and keep them someplace close to you. Some put these "notes" in the stocking or hang them on the tree or place them in a special box. Some place them in a memory book while others keep them under the pillow or in a secret place. Wherever you place them, know that these small pieces of paper are tangible evidence that someone lived and loved us and that we are rich beyond measure because of the gifts they shared with us!

Light a candle. Light a special candle in celebration and gratitude of your loved one's life. Know that you carry this light within you always. No light that was born in love can ever be extinguished.

*MAY LOVE BE WHAT YOU REMEMBER THE MOST
THIS HOLIDAY SEASON AND ALWAYS!*

