



Bereavement and the Holidays



Many bereaved people dread the holiday season.

You may find that the anticipation is worse than the actual event. Knowing that you have some choices and a plan can be one way of helping yourself.

Make choices about how you will spend the holidays.

These decisions should be yours. You may want to keep the same traditions, or you may want to plan something entirely different. Remember that this choice is temporary, and you may choose something different next year.

If large groups are not for you this season, try to arrange get togethers with smaller groups of people, those folks with whom you feel comfortable and supported. Balancing some time to be alone and some time to be with others can be helpful.

Let others know your needs and how they might be helpful to you.

This is a time to accept help. Family or friends may shop for you or with you, or do the cooking if you choose.

Be mindful of your own health.

Get enough rest and healthful food. Set aside a rest period or "time out" each day if necessary.

Allow yourself to remember your loved one...

...reminisce, light a candle, or hang a special decoration.

It is normal to experience feelings of intense loss and grief.

Your feelings may be triggered by sights, sounds, smells and memories of better times. These periods of acute sadness are probably temporary and part of the grieving process.

Hospice of Spokane can help

Hospice of Spokane has a bereavement program for people in the community, who are experiencing loss or grief. Please call Hospice of Spokane if you would like bereavement counseling or support, (509) 456-0438.