



# Survive the Holidays

**Plan Ahead:** Decide ahead of time what may be expected of you.

**Accept Your Limitations:** Grief takes most of your energy – plan to lower your expectations of yourself.

**Take Care of Yourself:** DEER (drink water, eat healthy, exercise and rest)

**Make Changes:** Your life has changed. It is okay to make changes in your holiday activities.

**Ask for Help:** Bless others by accepting offers of help and let others know your needs.

**Give Yourself Permission “To Be”:** Allow yourself “down time”

**Have a “Something” Attitude:** Don’t do “everything” or “nothing” Do Something

**Talk to Others about your Loss:** Tell someone the things you miss about your loved one during this season.

**Define your Boundaries:** What is necessary, important and optional.

**Treasure current Relationships:** Focus on those in your life right now.

**Focus on True Meaning of Holidays:** Intentionally look for blessings, gratitude, and ways to bring out true meanings.