

Navigating Grief during the Holidays

The holidays can be a challenging time, especially if you're struggling with the loss of a loved one. It's okay to grieve, but it's also okay to find moments of joy! Use this worksheet to explore your emotions and create a plan for coping this season.

What feelings come up for you around the holidays? (Circle or write down all that apply.)

Sadness

Anxiety

Guilt

Loneliness

Anger

Hope

Gratitude

Joy

Other:

How do these emotions manifest in your body? (e.g., tight chest, upset stomach, tense muscles, fatigue) _____

Are there any holiday traditions, events, or situations you worry might be particularly difficult?

Are there specific people, places, smells, songs, or situations that bring up strong memories or emotions?

What traditions do you find comforting and are worth keeping?

Are there any traditions you want to let go of, at least for this year?

Are there any new traditions you could create to honor your loss or make this time of year more meaningful?

Whom can you rely on for support during the holidays?

Are there any professional services, such as counseling or grief support groups that might be helpful?

What are three things you can do to take care of yourself during the holidays?

1. _____
2. _____
3. _____

Take a moment to write about a cherished memory of the person or animal you've lost:

How would you like to honor their memory this year? (e.g., making a donation in their name, lighting a candle, etc.)

It can be helpful to have an “action plan” to turn to if you become overwhelmed by your grief. Circle the strategies you think might be helpful and add your own.

- Take a moment to be alone or go outside for some fresh air
- Practice deep breathing or grounding techniques
- Reach out to someone in my support system
- Use positive distraction (e.g., watch a funny cat video on your phone)
- Cuddle up with an animal
- Other: _____
