



Taking Care of You

The holidays can be even more challenging after the death of a family member. There are mixed feelings, changes in traditions, and pressure to participate in events. In honor of Grief Awareness Week, we want to share some tips for helping you through this time of year and plan a meaningful holiday with your family.

Make a Simple Holiday Plan

Plan what holiday activities feel right and which might be too much.

- With your parent, make a “yes / maybe / no” list of holiday events.
- Talk about how long you’ll stay, who might be there, and what to do if you need a break.

Rest and Quiet Moments

Grief can be exhausting, especially during busy holiday times.

- Make space for rest and calm.
- Enjoy “quiet play” times (reading, drawing, sensory play) each day.
- You need healthy sleep and down time — it’s okay to skip some holiday busyness in favor of rest.

Remember and Honor Loved One

- Creating rituals or memory activities can be healing.
- Look over the attached page for ways to honor your sibling or any loved ones this time of year.

Remember ALL Feelings are valid.

Meaning they are allowed and respected.

- It’s okay to feel sad, angry, or even joyful — all in the same season.
- It’s okay to talk or stay quiet.
- Ask for hugs or help if things are feeling hard or too big. Asking is brave, because it can feel hard.