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Tips for Navigating the Holidays

- ☐ **Plan ahead.** Know what you want to do and are willing/able to do.
- ☐ **Give yourself permission** to take a time-out.
- ☐ **Take care of yourself.** You are important!
- ☐ **Talk about your feelings.** Cry, laugh. Find people that will talk about feelings with you.
- ☐ **Lean on your support systems** whoever that might be for you.
- ☐ **Try keeping the holidays simple.** Be aware of unrealistic expectations.
- ☐ **Give yourself permission to say “no”** to events.
- ☐ **See the holidays in series of small events** instead of an endless stream of pain. Take one event at a time.
- ☐ **Everyone is going to do the holidays differently,** and there will be different expectations.
- ☐ **Decide if you want to keep the same holiday traditions** or change them out.
- ☐ **For those of you whose child and/or loved one has died,** keep saying their name in memories and stories. Encourage others to say their name.
- ☐ **For those of you whose child and/or loved one has died,** if you have other children, ask them how they want to honor or remember their loved one.