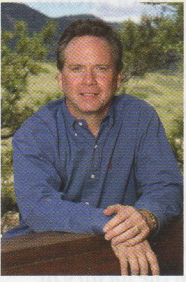


# Helping Yourself Heal During the Holiday Season

by Alan D. Wolfelt, Ph.D.



Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, sharing, and thanksgiving, holidays can bring feelings of sadness, loss, and emptiness.

## Love Does Not End With Death

Since love does not end with death, holidays may result in a renewed sense of personal grief—a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights, and smells trigger memories of the one you love who has died.

No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this article, remember that by being tolerant and compassionate with yourself, you will continue to heal.

### ● Talk About Your Grief

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who will listen—without judging you. They will help make you feel understood.

● Be Tolerant of Your Physical and Psychological Limits  
Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. And lower your own expectations about being at your peak during the holiday season.

### ● Eliminate Unnecessary Stress

You may already feel stressed, so don't overextend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief, but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.

● Be With Supportive, Comforting People  
Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings—both happy and sad.

### ● Talk About the Person Who Has Died

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.



● Do What Is Right for You During the Holidays  
Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what you want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you clarify what it is you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

### ● Plan Ahead for Family Gatherings

Decide which family traditions you want to continue and which new ones you would like to begin. Structure your holiday time. This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off guard can create feelings of panic, fear, and anxiety during the time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

- **Embrace Your Treasure of Memories**

Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's all right to cry. Memories that were made in love—no one can ever take them away from you.

- **Renew Your Resources for Living**

Spend time thinking about the meaning and purpose of your life. The death of someone loved created opportunities for taking inventory of your life—past, present, and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

- **Express Your Faith**

During the holidays, you may find a renewed sense of faith or discover a new set of beliefs. Associate with people who understand and respect your need to talk about these beliefs. If your faith is

important, you may want to attend a holiday service or special religious ceremony.

As you approach the holidays, remember: grief is both a necessity and a privilege. It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving, caring people.

*About the Author*

Alan D. Wolfelt, Ph.D., is an internationally noted author, educator, and grief counselor. He serves as Director of the Center for Loss and Life Transition in Fort Collins, Colorado, and is on the faculty at the University of Colorado Medical School Department of Family Medicine. Recipient of the Association of Death Education and Counseling's Death Educator Award, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well.



Among his many publications are the books *Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season*; *Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death*; *The Mourner's Book of Hope*; and *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*. Visit [www.centerforloss.com](http://www.centerforloss.com) to learn more.

Need someone to talk to? A great way to cultivate relationships with other survivors is to attend one of C.O.P.S. Hands-On Programs or the National Police Survivors' Conference held each year during National Police Week in D.C. You can also reach out to your local C.O.P.S. Chapter, your Regional Trustee or the C.O.P.S. National Office about seeking additional counseling. Help is only a phone call away.

*"I am so thankful C.O.P.S. has been in my life when my dad couldn't be."  
- Jena Kincaid, surviving child of Sgt. Kent Kincaid 5/23/98*

**Online Resources for Grief Articles:**

<http://www.griefnet.org/library/coping.html>

<http://psychcentral.com/blog/archives/2007/12/12/7-ways-to-deal-with-holiday-grief/>

<http://webmd.com/balance/features/grief-and-finding-holiday-joy>

<http://www.griefshare.org/holidays>

As you visit these websites, remember to take what is useful and helpful to you and leave the rest. If you don't like the first one you visit, try the next; you never know what will speak to your specific circumstance and it may vary from day to day. Never forget a fellow survivor is no further than a phone call away.