

I DON'T KNOW HOW TO HAVE A HAPPY HOLIDAYS

Webinar Tip Sheet

DO NOT BE AFRAID TO SHARE YOUR FEELINGS OF GRIEF

Sharing your feelings can help you not feel as alone in the grieving process. Expressing your feelings shows your children that they can also feel comfortable with expressing their own feelings of grief. Focus on strengthening the relationship you have with your children by showing them that their feelings are valid and should be honored.



TAKE CARE OF YOURSELF

Have compassion for yourself. Realize that the grieving process is not meant to be easy and that you also need to take care of yourself in order to take care of your children.

DON'T LET ANYONE TELL YOU HOW TO GRIEVE

Grief is different for everyone. Everyone takes different amounts of time to grieve and grieves in different ways. You are not alone, and grieving is a normal part of losing someone.



CONTINUE WITH TRADITIONS

Continuing traditions you did with your loved one can be a wonderful way to honor and remember the happy moments you had with them.