

PEER TIPS FOR MAKING YOUR WAY THROUGH THE HOLIDAYS

Soaring Spirits International

MAKE A PLAN

But keep it flexible!



- Plan a project to engage your mind and body.
- Do something totally new.
- Try to stick to your daily routines.

MAKE SELF-CARE A PRIORITY

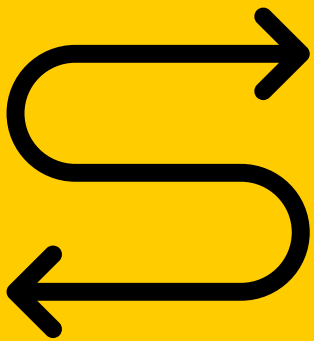
Put yourself on the to-do list!



- Ask for the help you need.
- Protect yourself from negative people.
- Find an outlet for strong emotions
- Changing your mind is okay!

SOME THINGS OF NOTE

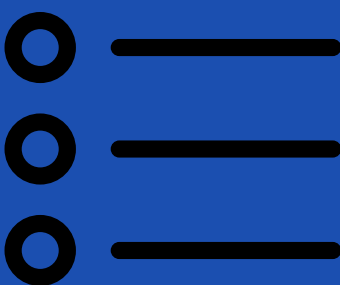
Grief often includes the unexpected.



- Make room for strong feelings.
- Allow yourself to feel and experience joy. Even when it surprises you.
- Remember that grief often feels like a roller coaster...you may feel pretty good one day and not so good the next. That experience is normal.

OUR LIST OF THINGS THAT HELP US MANAGE

Keep a list of your own self-care techniques.



- Get outside as much as possible.
- Snuggle your pets, kids or loved one's clothes.
- Stay connected with your widowed community.
- Watch something light on TV.
- Laugh as much as you can.