

Christmas Is Different Now

This is the time of year that can be very difficult for bereaved people. It is the time of year when we see all about us families making their preparations for the festive season. How do we celebrate now our loved one is gone? As a grieving person you have physical and emotional limitations. It is very important to do what is most comforting to you and your family. You may choose to hold onto tradition or simply let it go for awhile.

Ways to include your Loved Ones Life and Memories

- Take time, maybe before dinner, to ask everyone to have a moment of silence to think about your loved one. They may like to share their thoughts.
- Invite everyone to write down a special thought about your loved one and place it in his/her Christmas stocking to be read by anyone at any time. This could be a special gift for you and your family to revive those special memories.
- Burn a candle on Christmas Day in their memory.
- Buy a gift your loved one would have enjoyed and donate it to a charity to brighten another person's day, or make a donation in their name to his/her favourite charity.
- Buy a helium balloon and get the family to write messages to tie to it and release it together.

Remember to be kind to yourself. Don't pretend you do not hurt. Experiencing the sadness that comes is important and natural. To block out such feelings is unhealthy. Keep the positive memory of your loved one alive.

Compiled and adapted from Articles from The Compassionate Friends