



WinterSpring

Facing Loss, Embracing Life Again -- Together

PO Box 8169, Medford, OR 97501

541-552-0620 winterspring.org

Coping with the Holidays Checklist

Living without your loved one this holiday season can change your perspective on all the traditional activities. Take some quiet time to choose what you really want to do this year, instead of following the dictates of what you should do. Grieving takes energy and time. So, set some clear intentions on how you would like to honor the holidays in remembrance of your loved one, but also as a way for self-care as you adjust to a new way of experiencing the holiday season.

Decorations

- ___Decorate as usual
- ___Simplify your decorations
- ___Ask for help
- ___Let others do it
- ___Make changes, like a holiday wreath, instead of a tree
- ___Have a special decoration for your loved one

Sending Holiday Cards

- ___Mail as usual
- ___Shorten your list
- ___Write one holiday letter
- ___Email
- ___Skip it this year

Shopping

- ___Shop as usual
- ___Draw names
- ___Give cash or gift cards
- ___Shop online
- ___Ask for help
- ___Make your gifts
- ___Give baked goods
- ___Shop with a friend
- ___make a list before going shopping
- ___Do not exchange gifts now, but perhaps later
- ___Make a donation to a charity in the name of your loved one

Traditions (religious, spiritual, seasonal)

- ___Keep the old traditions
- ___Attend holiday parties
- ___Don't attend holiday parties
- ___Go to an entirely new place
- ___Bake or buy the usual holiday foods
- ___Change what you would usually make
- ___Go to the religious/spiritual service
- ___Do not attend
- ___Attend at a different time
- ___Attend a different type of service
- ___Spend quiet time alone
- ___Visit the cemetery
- ___Open gifts on a Christmas Eve
- ___Open gifts on Christmas day
- ___Give gifts for Winter Solstice
- ___Light candles during Hanukkah, even if you are not Jewish
- ___Go out of town

Dinner

- ___Prepare as usual
- ___Go out for dinner
- ___Invite friends over
- ___Eat alone
- ___Change time of dinner
- ___Change menu of dinner
- ___Order food in
- ___Ask for help
- ___Make something your loved one would have liked to eat