

Grief Tips During the Holidays

As we immerse ourselves in the Advent season, and with Christmas soon approaching, if you are grieving a loss of a loved one, or grieving a change because of a move, a change in relationship, or some other transition take care of yourself during this important season!

Be patient and realistic. Be kind and gentle with yourself. Prioritize things. Decide what is important to you and scratch the rest off the list for this year. Spend some quiet time before the rush of the holidays listening to your heart and acknowledging your limits. Become aware of your needs and express them to those with whom you plan to spend the holidays. Remember that it is okay to say "no." Do what you can this holiday season and let that be sufficient. When loss and grief overwhelm us at the holidays, we are sometimes tempted to scrap the whole thing, to do absolutely nothing. But you can keep traditions alive by adapting them in ways that make sense given the new reality of your life. Make a plan, rather than expecting things to fall into place.

In the Christian tradition, Advent can be a time of quiet reflection and spiritual preparation. May this season of hopeful anticipation touch the yearning within you with healing care and love. Reach out if you would like some prayer support or a listening ear to a friend, family member, or [Barb Uschold Anderson](#), Pastoral Associate for Pastoral Care (651.432.4959).