Coping Through the Holidays

* Acknowledging and accepting our feelings
* Decide what we can handle comfortably, and let our needs be known to family, friends, and relatives
* Ask yourself these questions before making a decision on greeting cards, holiday baking, decorating outside, or baking a big family dinner:

-Do I really enjoy this?

-Is there a task that can be shared by other family members?

-Would Thanksgiving be Thanksgiving or Christmas be Christmas without it?

* Try making changes-it can make things easier to handle

-Examples: open presents on Christmas Eve instead of Christmas morning (or vice versa), have dinner at a different time or place

* Concentrate on doing something for someone else such as volunteering, give a gift in memory of your loved one, or adopt a needy family (child or elderly person) for the holidays
* Evaluate your coping plans; let friends and family know of any intended changes and let them know your limits

**Books on Grief and the Holidays**

**James Miller,** “How Will I Get Through the Holidays? Twelve Ideas for Those Who’s Loved One Has Died “

**Drs. Clarence Tucker and Cliff Davis, Holiday Blues**—"A Self-Help Manual on Grief Through the Holiday”

**Mitch Albom**, “The Five People You Meet in Heaven”, “For One More Day”, “Have a Little Faith”-any book by this author is good, short books and easy reading

**Mikki Brammer**, “The Collected Regrets of Clover”

**Jan Warner** (there are multiple books by this name!), “Grief Day by Day”

**Susan J. Zonnebelt-Smeenge, RN, Ed D and Robert C. DeVries, D.Min, PhD., “**The Empty Chair: Handling Grief on Holidays and Special Occasions”

Chicken Soup for the Christmas Soul-a collection of short stories as told by various people about their holiday experiences

**Movies:**

**Mitch Albom movies**-“The Five People You Meet in Heaven, Tuesdays with Morrie”

For adults and children: “Jack Frost”

“Miracle on 34th Street”

“Almost Christmas”

“It’s a Wonderful Life”

Book for Children:

A book cover of a snowman and a child

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Movie for children:

**Coco (2017)  (kids)**

* **Plot**: This animated film follows Miguel, a young boy who embarks on a journey to the Land of the Dead to uncover the truth about his family’s past and to connect with the memory of his late ancestor.
* **Why it’s great**: It’s a heartwarming and visually beautiful exploration of grief, memory, and family, while celebrating the importance of remembering loved ones.