

Grief and Holidays Worksheets

1. Acknowledging Your Feelings

Write about the emotions you anticipate facing during the holidays.
Recognize that all your feelings are valid.

2. Planning Ahead

Adjust your expectations for the holiday season. Consider what is feasible for you emotionally and physically.

List coping strategies you can use when you feel overwhelmed by grief during the holidays.

3. Honoring Your Loved One

Plan a specific way to remember and honor your loved one during the holidays.

4. Setting Boundaries

Decide in advance which holiday events or gatherings you feel comfortable attending, and where you might need to set boundaries.

5. Creating New Traditions

Think about new traditions or activities you can start this year that might bring you comfort or joy.
