

7 Holiday Tips

For Those Who've Experienced Loss and Those Who Love Them

Please say "I remember." We love to hear tender, funny, and just interesting things from your perspective.

Let go of your expectations: yourself and others.

Be willing to flex from traditions. Changes are not necessarily permanent and things will be different anyway.

Guard your heart from your ears. You will hear people say things that you shouldn't take personally.

Prepare for the unexpected, both positive and negative. Remembering a favorite dish that does not need to be prepared, an item that needn't be purchased, an empty chair, will occur when we least expect it.

Make a memory. For example, for Christmas, create an ornament with the persons name and a word that describes them, or simply a picture.

Try something new, light-hearted, and fun.