

Bear Wellness

Century Community Charter

December issue

Tips for spending time with your children:

- **Share and cook family recipes together**
- **Play cards or games together**
- **Plan family field trips**
- **Read a book**
- **Share family stories**
- **Start a new tradition**
- **Take a walk after dinner**
- **Sit and share each other's favorite songs**
- **Take time to exercise together**
- **Learn a video game your children enjoy**
- **Create chances to laugh together**

Wellness meeting

December 12, 2018
5pm-6pm

CCCS Gym

Hardships during the holidays

Holidays are time spent with loved ones. They are part of the milestones we share with each other and they generally represent time spent with family. They bring meaning to certain days and we bring much meaning back to them. But since holidays are for being with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died? For many people, this is the hardest part of grieving, when we miss our loved ones even more than usual. How can you celebrate togetherness when there is none? When you have lost someone special, your world loses its celebratory qualities. Holidays can magnify the loss. The sadness feels sadder and the loneliness goes deeper. Rather than avoiding the feelings of grief, lean into them. It's not the grief you want to avoid, it is the pain. Honoring our grief and expressing our feelings is the way out of the pain, into our truth, and towards our healing.

- 1. Trust that Grief is Part of Healing:** Time doesn't heal the pain associated with a loss, it's what you do what that time that matters. Grief is the process by which you heal. Experiencing the pain-rather than constantly trying to escape it-can actually help you feel better in the long-term.
- 2. Set Healthy Boundaries:** You certainly don't have to force yourself to face every holiday event or celebratory tradition. If attending a tree lighting ceremony or participating in the office gift swap is likely to bring about too many painful memories this year, be willing to say no.
- 3. Focus on What You Can Control:** There are a lot of things you can't control about the holidays. While you can't prevent those things from happening, there are some things you can control. Think about what you can do to lessen the heartache when you can. Pick a few things you can do to assert some control over the holiday cheer and keep in mind, that other loved ones may be at a place different from you and it's OK that they're happy to celebrate this year.
- 4. Allow Yourself to Feel a Range of Emotions:** The holidays can bring about a wide range of emotions. You might feel joy, guilt and sadness all within a few minutes. Allow yourself to feel those emotions without judging yourself or thinking you shouldn't be happy or you shouldn't be laughing.
- 5. Find a Way to Honor Your Memories:** Create a special way to memorialize the loved one(s) you've lost.
- 6. Create New Traditions:** Don't be afraid to create new traditions this year too. It's OK to get creative and do something a little out of the ordinary. You can also alter old traditions and make them fit better with the new phase in your life.
- 7. Ask for Help:**
Don't be afraid to ask for help when you're struggling with the holidays. Look to members of your family and friends, find and attend support groups, or contact a professional counselor to help you deal with your grief in a healthy manner.