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# Share the Wellness Tip

## Handling Grief Throughout the Holidays

Grief is a normal reaction to losing someone or something important to you. This might mean a person, a job, a pregnancy, or your health.

### What to Expect from Grief

No two people feel loss the same way. But it is common to experience waves of different emotions during grief. The first are often shock and denial. Then other feelings weigh in, such as anger, guilt, sadness, yearning, and helplessness. Over time, these emotions begin to fade, and when you're ready, you can accept your loss and rebuild your life. But the holiday season can offer additional stress to those who are grieving.

Holidays and events that would otherwise be joyful can be especially hard on people who are grieving. If the grief is fresh, holiday cheer can seem like an attack. Celebrations may underscore how alone people feel.

Here are some suggestions to help you through the grieving process:

- Allow yourself to cry and express what you feel.
- Talk to someone you trust, or jot down your feelings in a journal. Or you may want to join a bereavement support group.
- Be kind to your body. Stick to a healthy diet and get enough sleep and exercise. Avoid alcohol, which can make you feel more depressed.
- Keep up with at least one of your hobbies.

If six months have gone by and you don't feel considerably better, consider getting professional help. You also should talk to your doctor if you're having major sleep problems, suicidal thoughts, or other troubling symptoms.

*Sources: [The American Cancer Society](#), [AARP.org](#)*

