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GRIEF

- * Takes longer than we think.
- * Is hard work
- * Is a lonely experience
- * Is like a _____
- * Is a journey not a race
- * Never ends, but is manageable
- * Something we don't get over but learn to accept

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UPSURGES OF GRIEF

- * ❁ HOLIDAYS
- * ❁ ANNIVERSARIES
- * ❁ BIRTHDAYS
- * ❁ DEVELOPMENTAL OCCASSIONS
- * ❁ END OF SCHOOL
- * ❁ NOTHING SPECIAL

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CHRISTMAS SYMBOLISM

- * ❁ TREES – round to symbolize eternity, evergreen to symbolize life and hope
- * ❁ LIGHTS – hope. Light can prevail in the darkness
- * ❁ GIFT WRAPPING – still are wonderful things we have not seen
- * ❁ FOODS – nourishment needed to go on and the love in preparing
- * ❁ MUSIC – reaches the soul in ways words cannot
- * ❁ STOCKING – help the grief stricken

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TIPS FOR KIDS, TEENS & ADULTS

- ❁ PLAN AHEAD
- ❁ BRING THEM ALONG
- ❁ Will be hard
- ❁ Traditions to keep / change
- ❁ New tradition in memory
- ❁ Where to go
- ❁ Skip events
- ❁ Make their favorite dish
- ❁ Leave an empty seat or have someone special take their seat
- ❁ Have a tablecloth and write messages on it

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- ❁ Skip cards, gifts, decorations if overwhelmed
- ❁ Light a candle at the dinner table for them
- ❁ Let go of perfectionism
- ❁ Avoid people who have a lot of "shoulds"
- ❁ Make a meal for someone
- ❁ Volunteer
- ❁ Alter flowers for church
- ❁ TAKE CARE OF YOU
- ❁ Buy yourself a gift
- ❁ Wear an article of their clothes
- ❁ Journal
- ❁ Accept help
- ❁ Ask for help

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KIDS & TEENS

BE AVAILABLE

COMMUNICATE

CONNECT

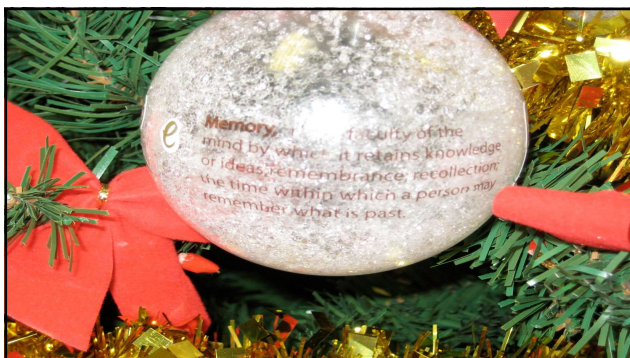
CARE

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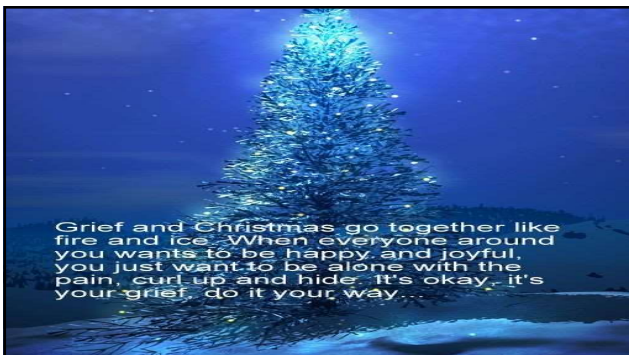
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