Surviving The Holidays When You Are Grieving

The demands of the holidays can be stressful under the best of circumstances but when you are grieving, they may seem unbearable. While others are bustling around, preparing their homes and hearts to welcome the gifts of the season, you may be overwhelmed with emotions of loss, sadness, anger and emptiness. They weigh heavy on you, preventing you from participating and engaging. It’s hard, it hurts, if can even seem unfair. Particularly at this time of year, The Parish Health Ministry Team would like to share a few suggestions with you.

1. Participate, the church offers many special events and activities between now and the New Year so please let others meet and support you in your grief.
2. Be present in the moment. Reviewing and replaying past events or reaching too far in the future can be exhausting and wastes your precious energy. As you may know all too well, this moment is all we have, embrace it and be fully present with those still in your midst.
3. Practice self-compassion. Everyone grieves differently because eveyone’s relationship with what is lost is different. Be patient, pray, meditate, eat well, get quality sleep and stay as mentally and physically active as possible.
4. Petition others for help; you do not have to suffer alone. Your clergy staff, Stephen Ministers and The Parish Health Ministry Team members are trained and ready to help in any way possible.

May God give you peace on your grief journey,

Rev. Diana Brown Taylor, LCSW

Diana is a licensed therapist at Healthy Mind Counseling and a member of The Parish Health Ministry Team.