

Thank You

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A Special Thank You

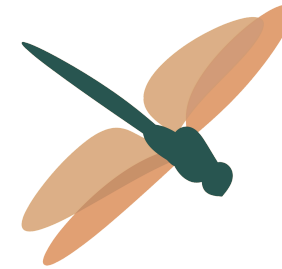


Navigating the Holiday Season

# Harvest of Hope

Coping with Loss as Winter Begins

November 12th, 2024



HIGH PEAKS HOSPICE  
**BEREAVEMENT**

Queensbury Senior Center  
5:00pm - 6:00pm



## Entering the Holiday Season:

Holidays often remind us of time spent with loved ones, making them especially hard after a loss. The absence of someone dear can magnify grief, deepening sadness and loneliness. Instead of avoiding your feelings, lean into them—grief is love, not just pain. Here are ways to honor your loved one and cope during the holidays.

### Ways to Honor Your Loved One:

- Say a prayer before dinner
- Light a candle in their memory
- Share a favorite story or funny memory
- Create an online tribute
- Remember them in a religious service
- Chat online with others about them

### Ways to Cope:

- Plan A/Plan B: Plan to attend holiday events, but have a backup plan (like watching a movie, looking at photos, or visiting a special place) in case you need an escape.
- Cancel the holiday: If it feels too overwhelming, skip the holiday altogether. Take a break, and the holidays will be there next year.
- Try new traditions: Use your grief as permission to reevaluate what you enjoy about the holidays. You can always change your mind about participating.



## Thanksgiving and Winter Holidays:

**Thanksgiving:** Consider sharing what you are thankful for, including memories of your loved one. You might go around the table and have each person share a memory or light a candle in their honor.

**Christmas/Hanukkah:** Create a new tradition in their memory, such as hanging an ornament that reminds you of them or setting aside time for reflection.

Giving a gift in their name to someone in need can also help connect their memory with the spirit of giving.

### Do's and Don'ts:

- Do be gentle with yourself and allow time for your feelings.
- Don't do more than you want or anything that doesn't serve your emotional needs.
- Do let others help, and if you're supporting someone, don't ask—just offer.
- Don't bottle up your emotions. Let yourself cry if you need to.

### Just Remember:

Holidays are one of the hardest times after a loss, but they're also part of the grieving journey. Be present for your grief, take it one moment at a time, and be kind to yourself. Though they will never be the same, holidays may eventually take on new meaning as you carry your loved one's memory forward.

