



## A Special Thank You

High Peaks Hospice  
Board of Directors

High Peaks Hospice  
Staff & Volunteers

Caregivers  
Family Members  
Friends



## A Special Thank You



## Navigating the Holiday Season



# FINDING LIGHT

December 3rd, 2024

Strategies for Coping with Loss  
in the Holiday Season



HIGH PEAKS HOSPICE  
BEREAVEMENT

Queensbury Senior Center

Time: 5:00pm - 6:00pm





# The Checklist



## Holiday Activity & Tradition Check-List

	Do you like doing it?	Would the holidays be the holidays without it?	Is it done out of habit, tradition, choice, or obligation?	Is it a one-person job or can it be shared?	Who is responsible for seeing that it gets done?	Is this something you want to do differently?	What types of changes do you want to make?
Giving to charity.							
Shopping for gifts.							
Exchanging gifts with family members.							
Exchanging gifts with friends.							
Exchanging gifts with co-workers/others.							
Making homemade holiday gifts.							
Helping children make some gifts.							
Baking and exchanging cookies.							
Decorating the outside of your home.							
Decorating the inside of your home.							
Sending holiday cards.							
Making lists of what needs to be done.							
Going to office or school parties.							
Having a holiday party or dinner.							
Attending special childrens' activities.							
Attending a religious service.							
Buying something special to wear.							
Listening to holiday music.							
Preparing special traditional foods.							
Seeing people you don't otherwise see.							
Providing quiet time for family.							
Making sure the house is clean.							
Other personal holiday activities:							

