

PATHWAYS CENTER *for* GRIEF & LOSS

COPING WITH SPECIAL DAYS

- Many say the anticipation/anxiety is worse than the actual day.
- Reflect on what YOU want and need to do to separate from others' wants, needs, or advice and input.
- Know that no one way will meet everyone's needs.
- It helps to have a plan, but even then, be flexible and know that you may change your mind on that day.
- Find time for yourself amidst the busy-ness of that day to "check in" and assess your comfort level, your stress level and perhaps adapt your plan accordingly.
- Pace yourself – don't overdo. Yet it's okay to keep busy too – to a degree.
- Choose the "right people" to be with.
- If you hurt, don't pretend.
- Consider a new tradition.
- Perhaps create an opportunity to commemorate your loved ones: buy flowers, light a candle, plant a tree, visit the cemetery.
- Let others know about special dates so they are aware of possible rough times and can be there for you – express your needs.