

Coping with the Holidays Checklist

Check what you want to do this year with a **(W)** and then share this with your family or have them do one of their own and compare notes.

Sending Cards

- Mail as usual
- Shorten your list
- Include a letter
- Do e-cards
- Elect to skip this year

Traditions

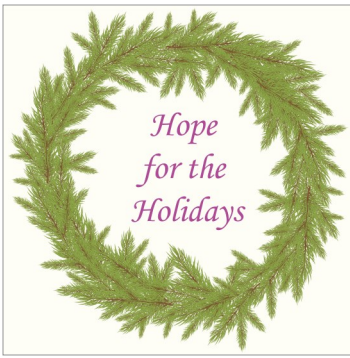
- Keep the same traditions
- Attend holiday parties
- Don't attend parties
- Go to a new place
- Bake the usual holiday foods
- Buy the usual holiday foods
- Go to a religious service
- Do not attend a religious service
- Attend religious service but different time
- Attend a different faith community
- Spend quiet time alone
- Visit the cemetery
- Open gifts at a different time/day

Decorations

- Decorate as usual
- Modify decorations
- Ask for help
- Let others do it
- Have special decoration for your loved one
- Eliminate tree or other decorations

Shopping

- Shop as usual
- Give cash or gift cards
- Shop online/by phone/television
- Shop early
- Ask for help
- Make your gifts
- Give baked goods
- Shop with a friend
- Ask for help wrapping
- Do not exchange gifts now but maybe later



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Holiday Meal

- Prepare as usual
- Go out
- Invite friends over
- Eat alone
- Change time of meal
- Change routine of meal
- Change location of meal; different room
- Ask for help

Music

- Enjoy as usual
- Avoid the radio
- Shop early before music may be played
- Listen to it, allow the tears and allow the sadness

New Years

- Celebrate as usual
- Remove decorations early
- Go out of town
- Avoid parties
- Attend a party
- Throw a party
- Spend time with only a few friends
- Write in a journal of your hope for the new year
- Go to a movie/rent a movie
- Go to bed early

For more information on how Empath Community Counseling can help, call (727) 523-3451 or go to EmpathHealth.org.

