

HORIZON GRIEF RESOURCE CENTER

Self Care

NEWSLETTER

If retail is any indication, Halloween is the kick off of the holiday season. The next nine weeks of the year will be full of traditions, gatherings, and celebrations. I have a few tips & hints to best handle the festivities.



RESPONDING TO INVITATIONS

Say, "maybe".

It can be challenging in grief to know how you are going to feel an hour from now, much less in a few weeks. "Maybe" honors your grief and gives you flexibility. It also keeps invitations coming.

THINK OUTSIDE THE BOX

Remember that you have more choices than attend an entire event or stay home. You could show up for dessert only, pop in for appetizers, or stay for ten minutes.

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HORIZON GRC

DRIVE YOURSELF

Park in a space where you can leave without asking someone to move their car.

This gives you flexibility to leave whenever you need. You may want to alert the host prior to the gathering that you may leave without saying goodbye so they know not to worry about you.

TAKE A BREAK

Step outside for fresh air. Go for a walk around the block.

Ask the host what room you could use to take a few moments to yourself if needed. (Do this before the party!)



Take Good Care!

HOW TO DECIDE WHETHER TO GO

Listen to your gut instinct.

Getting a clear yes: Attend!
You might even stay longer than you initially thought.

On the fence?: Attend. Most people find that they are glad they went. Give yourself permission to leave at any point you feel you need.

Getting a clear no: Listen to it and don't attend. Do something else to take care of yourself--go for a walk, call a friend, journal, do something enjoyable.