

# walk WITH a DOC Healthy Living Series

## HOLIDAY GRIEF

Holiday grief is an amplified feeling of loss and/or loneliness during the holiday season, especially because the holidays are often spent with loved ones. These tips and information may help as we approach the holiday season.

### Causes

- The holiday season renews the feeling of grief associated with the passing of a loved one.
- The winter months have shorter days and fewer hours of sunshine, which can bring about seasonal depression.

### Resources

- Holiday grief support group:  
<https://www.griefshare.org/holidays>
- Advice, information, and support:  
<https://www.dougy.org/resource-articles/getting-through-the-holidays>



### Stages of Grief

- **Denial:** You're likely in shock and prefer to believe it did not happen.
- **Anger:** Feelings of rage, bitterness, aggression, or loss of control.
- **Bargaining:** Feelings of guilt or attempting to place blame. Overthinking the past.
- **Depression:** Feelings of sadness and hopelessness, or loss of motivation.
- **Acceptance:** Coming to terms with reality. Finding self-compassion.

### Healthy Coping Mechanisms

- Don't ignore your feelings, acknowledge them. It's okay to be sad or angry. Be kind to yourself!
- Reach out to friends and family, or a professional.
- Be sure to maintain your health by eating and sleeping well, and staying active (**go for a walk!**)
- Engage in hobbies or volunteer opportunities.
- If grieving over the loss of loved ones, remember and honor them during this time.
- Consider traveling during the holidays if possible.



Grief is not a tidy, orderly process, and there is no right way to grieve. The process doesn't neatly conclude at the six-month or one-year mark. Remember, you are grieving because you've loved, have been loved, and continue to love. - Dr. Theresa Wee, WWAD O'AHU

[www.walkwithadoc.org](http://www.walkwithadoc.org)

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>  
<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>  
<https://www.mentalhelp.net/blogs/the-holiday-season-when-sad-and-grief-occur/>  
<https://www.washington.edu/counseling/2020/06/08/the-stages-of-grief-accepting-the-unacceptable/>