

# Family Holiday Packet

GRIEF RESOURCES FOR THE SEASON OF FAMILY



HENRY FORD HEALTH

# **SANDCASTLES FAMILIES**

The activities and projects in this packet are designed to help you cope with the stresses of the holiday season. The pages can be used and modified for all family members, not just children. Young children may need help with reading or writing answers down. Feel free to make as many copies of each page as you wish. All



family members could work on the same page individually and then talk together about what they made. These pages can open the door to conversations about topics that may otherwise be difficult to bring up.

There are many suggestions for "dealing with" the holidays included in this packet. Some might fit for you, and some may not. Choose those that feel right. Don't feel pressured to do more than is comfortable. Something that other SandCastles families have found helpful and comforting is to look at this year's holiday season as just that: this *year*. Not as a blueprint for how things will be for every holiday in the future. Do what you are able to do and know that you can change things when you are ready.

The staff at SandCastles is available to help you in any way we can. Please feel free to call us at 313-771-7005. It is our hope that your holiday season is a meaningful one and that something in this packet can contribute to it.

# **Henry Ford SandCastles Grief Support Program for Children and Families**

# **Henry Ford SandCastles Camp**

#### **Main Office**

Email: <u>SandCastles@hfhs.org</u>
Website: <u>www.AboutSandCastles.org</u>
Main Office Phone: (313) 771-7005

# **Henry Ford Hospice**

1 Ford Place, Suite 4C Detroit, MI 48202 Website: Henryford.com/hospice Phone: (800) 492-9909

# **HOLIDAY PLANNER**

This simple questionnaire may give you some direction in planning the Holidays ahead. Fill in other family traditions in the blank spaces.

HOLIDAY JOB LIST	WHY do you do it? Tradition, habit, choice, obligation	Does it matter WHERE you do it?	Does it matter WHEN it is done?	Does it matter HOW it is done?	Does it matter WHO does it?	Do you WANT to change it?
The family meal						
Religious services						
Traveling						
Gift giving						
(family/friends)						
Gift shopping						
Giving to charities						
Cards						
Decorating						
inside/outside						
Cleaning						
Baking/cooking						
Entertaining at home						
Family gatherings						
Business parties						
Visiting others						
Taking children to						
holiday programs						
Holiday clean-up						

# **How to Help Ourselves Through the Holidays**

By Donna Kalb

- 1. Family get togethers may be extremely difficult. Be honest with each other about your feelings. Sit down with your family and decide what you want to do for the holiday season. Don't set expectations too high for yourself or the day. If you wish things to be the same, you are going to be disappointed. Undertake only what each family member is able to handle comfortably
- 2. There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change them. It may help to do things just a little differently. What you choose to do the first year, you don't have to do the next.
- 3. Keep in mind the feelings of your children or family members. Try to make the holiday season as joyous as possible for them.
- 4. Be careful of "shoulds" it is better to do what is most helpful for you and your family. If a situation looks especially difficult over the holidays, try not to get involved.
- 5. Set limitations. Realize that it isn't going to be easy. Do the things that are very special and/or important to you. Do the best that you can.
- 6. Once you have made the decision on how you and your family will handle the holidays, let relatives and friends know.
- 7. Baking and cleaning the house can get out of proportion. If these chores are enjoyable, go ahead, but not to the point that it is tiring. This year you could either buy baked goods or go without.
- 8. Emotionally, physically and psychologically, it is draining. You need every bit of strength. Try to get enough rest.
- 9. If you used to cut down your own tree, consider buying it already cut this year. Let your children, other family members, neighboring teens, friends, or people from your church help decorate the tree and house. If you choose not to have a tree, perhaps you could make a centerpiece from the lower branches of a tree, get a ceramic tree or a small table-top tree.
- 10. One possibility for the first year may be to visit relatives, friends, or even go away on a vacation. Planning, packing, etc., keeps your mind somewhat off the holiday and you share the time in a different and hopefully less painful setting.
- 11. How do you answer, "Happy Holidays"? You may say, "I'll try" or "Best wishes to you." You think of many answers you don't say.

- 12. If you are accustomed to having dinner at your home, change and go to relatives; or change the time. Some find it helpful to be involved in the activity of preparing a large meal. Serving buffet style and/or eating in a different room may help.
- 13. Try attending holiday services at a different time and/or church.
- 14. Some people fear crying in public, especially at the church service. It is usually better to not push the tears down any time. You should be gentle with yourself and not expect so much of yourself. Worrying about crying is an additional burden. If you let go and cry, you probably will feel better. It should not ruin the day for the other family members, but will provide them with the same freedom.
- 15. Consider not sending or cutting back on your cards this year. It is not necessary to send cards, especially to those people you will see over the holidays.
- 16. Do something for someone else, such as volunteer work at a soup kitchen or visit the lonely and shut-ins. Ask someone who is alone to share the day with your family. Provide help for a needy family. Donate a gift or money in your loved one's name.
- 17. Share your concerns, feelings, apprehensions, etc. as the holiday approaches, with a relative or friend. Tell them that this is a difficult time for you. Accept their help. You will appreciate their love and support at this time.
- 18. Holidays often magnify feelings of loss of a loved one. It is important and natural to experience the sadness that comes. To block such feelings is unhealthy. Keep the positive memory of your loved one alive.
- 19. Often after the first year, the people in your life may expect you to be "over it." We are never "over it" but the experience of many bereaved is that eventually they enjoy the holidays again. Hold on to hope.
- 20.Don't forget: Anticipation of any holiday is usually much worse than the actual holiday.

# The Griever's Holiday Bill of Rights

Bruce H. Conley (1992)

# You have a right to say "TIME OUT" anytime you need to do so

Time out to let up, blow off some steam, step away from the holiday, and start over.

#### You have a right to TELL IT LIKE IT IS

When people ask, "How are you?" you have the right to tell them how you really feel, not just what they want to hear.

#### You have a right to DO THINGS DIFFERENTLY

There is no law that says you must always do holidays the same way. You can do 10 cards instead of 100, or no cards at all. You can open presents at somebody else's house. You can do without a tree. You can have pizza for dinner. The list is endless.

## You have a right to BE WHERE YOU WANT TO BE

Be at home or with friends or relatives. Be in any city, any state you choose. There is no law that says you must stay at home.

# You have a right to SOME FUN

When you have a day that isn't so bad and you feel like doing something just for fun, do it. Don't be afraid of what someone else will say if they see you laughing and having a good time. Laughter is every bit as important as tears. As hard as it is to believe, you will laugh again.

# You have a right to CHANGE DIRECTION IN MID-STREAM

Holiday grief is unpredictable. You may be all ready to go somewhere or to do something and suddenly be overwhelmed. When that happens, it is OK to change your mind. There will be plenty of times in life to be predictable. Exercise your right to change your mind.

# You have a right to DO THINGS AT DIFFERENT TIMES

Go to church at a different time. Open presents at a different time. Serve your holiday meal at a different time. Go to bed and get up at a different time. Don't be a slave to the holiday clock. You may even choose to celebrate on a different day.

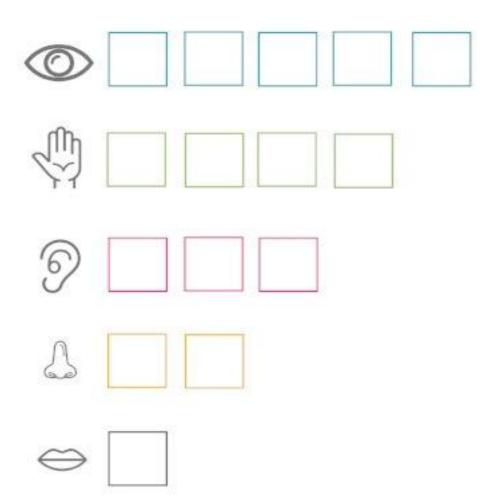
# You have a right to REST, PEACE, and SOLITUDE

You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and/or meditate, recharge your spirit.

# You have a right to DO IT ALL DIFFERENT AGAIN NEXT YEAR

Just because you change things one year, doing something different does not mean you have written it in stone. Next year you may want to change it back or still do things another new way.

# 5 4 3 2 1 Grounding Exercise



#### **Instructions**

- Acknowledge <u>FIVE</u> things you see around you.
   Acknowledge <u>FOUR</u> things you can touch around you.
   Acknowledge <u>THREE</u> things you can hear around you.
   Acknowledge <u>TWO</u> things you can smell around you.
   Acknowledge <u>ONE</u> thing you can taste.

#### **Create Your Own Memories**

Following are a few suggestions for the Thanksgiving feast, Yuletide, and the New Year. Remember that rituals are part of learning to cope. Most of these suggestions are adaptable for any of the holidays or throughout he entire season. Developing a new ritual takes planning, care and love. The thought you put into it will reap you many benefits in the days ahead.

**Purchase or make a memorial candle.** Your memorial candle may be lit each morning or evening and extinguished only before bedtime throughout the holiday season. There are also perpetual candles (liquid paraffin in a can placed in a glass container) which may burn for up to a week.

**Toast to your child.** Create a special toast for your loved one, using your favorite wine or beverage. This can be done on any of the holidays when the family is gathered together or even when you are alone.

**Your favorite story.** Reserve some time at the table to tell a favorite story about your loved one. This could accompany the special toast to your memories. **Place a single flower on the table.** Choose your favorite flower in honor of the "presence" of your loved one.

**Observe a moment of silence.** Silence or prayer before the meal or at another time you deem appropriate is a simple and gracious way to honor your love.

**Family album.** Spend some time together as a family with the family album. Make it a special celebration when the past is discussed, reviewed and relived. **Create luminaries.** Line your sidewalk or driveway with luminaries. These are a Mexican tradition and are simple to make, yet lovely as they light up the night in a soft glow. All you need are brown paper sandwich bags, small candles, and sand. They signify a warm welcome.

**Make a donation/gift to charity.** An established agency will welcome your gift in memory of your loved one. You might want to help a needy family by providing a meal, or by buying gifts for the children.

**Decorate your place of worship.** Your decoration may be as simple as a flowering plant, or whatever seems appropriate as you share the memory of your loved one.

**Discuss the values you share as a family.** Set aside a time to discuss the values you share as a family and how your loved one contributed to your lives. **Drink a toast to the future.** The New Year may bring with it your own resolution toward hope. Drinking a toast to the future does not neglect the past, but gives us the time to look ahead and regain some sense of control over our lives. For the newly bereaved, this opportunity is even greater. There is something about planning a new or renewed direction which is very encouraging.

Our wish for you in the days ahead is to remember that anguish is not forever, that joy is possible even in grief, that time is your friend, and that you are your own best friend.

#### Handling the Holidays

One of the more painful issues for you to deal with is how to survive the holidays after the death of a person you loved. Because holidays are supposed to be family times, and because of the extraordinary (although unrealistic) expectations that you should feel close to everyone, this time of the year can underscore the absence of your deceased loved one more than any other time. However, you do have options about how to cope with the holidays. These are a few things to keep in mind.

It will be wise for you to take control of the situation by facing it squarely and planning for what you do and do not want to do in getting through this time.

Realize that the anticipation of pain at the holidays is always worse than the actual day.

Decide what is right for you and your family now. Don't worry about all the other holidays to come in years ahead. You can always go back to old traditions another year, when it seems right. You will not have to do next year what you decided to do this eyar.

Ask yourself and your loved ones what is really important for you to do in making the holidays meaningful and bearable. Through compromise and negotiation, see if everyone can get a little of what he or she wants and needs.

Do something symbolic. Think about including rituals that can appropriately symbolize your memory of your loved one. Rituals can help give you the continued presence of your deceased loved on while celebrating the holiday with those who still survive.

Realize that the holidays are filled with unrealistic expectations for intimacy, closeness, relaxation, and joy for all people – not just for the bereaved. Try not to buy into these expectations.

Be aware of the pressures, demands, depression, increased alcohol intake, and fatigue that come with the holidays. As a bereaved person, you may feel these more than others. Take time to care for yourself during this time.

Reevaluate family traditions. Ask yourself and surviving loved ones whether you need to carry them on this year, or whether you should begin to develop some new ones.

Recognize that your loved one's absence will cause pain no matter what you do. Try to mix this with your love for those you still have, and your positive memories of the past. You can feel the sweetness of the holiday, but also the bitterness of your loved one's absence. Together they can give you a full, right feelings, marked with love for those present and those gone whom you will never forget.

Plan ahead on shopping. Capitalize on good days and do as much as you can. If it seems too big a burden, use catalogs or ask friends to help.

Tears and sadness do not have to ruin the entire holiday for you. Let yourself have the cry you need, and you will be surprised that you can go on again until the next time you need to release the tears. Let your tears and sadness come and go throughout the whole day if necessary.

Ask for what you want or need from others during the holidays. Everyone is busy and may be less likely to notice your needs, but may still want to help.

Let the memories of past holidays spent with your deceased loved one come. Talk about them. This is part of mourning and is usually intensified during the holidays.

Having fun during the holidays is not a betrayal of your loved one. You must give yourself permission to feel joy as well as sadness when you have the need.

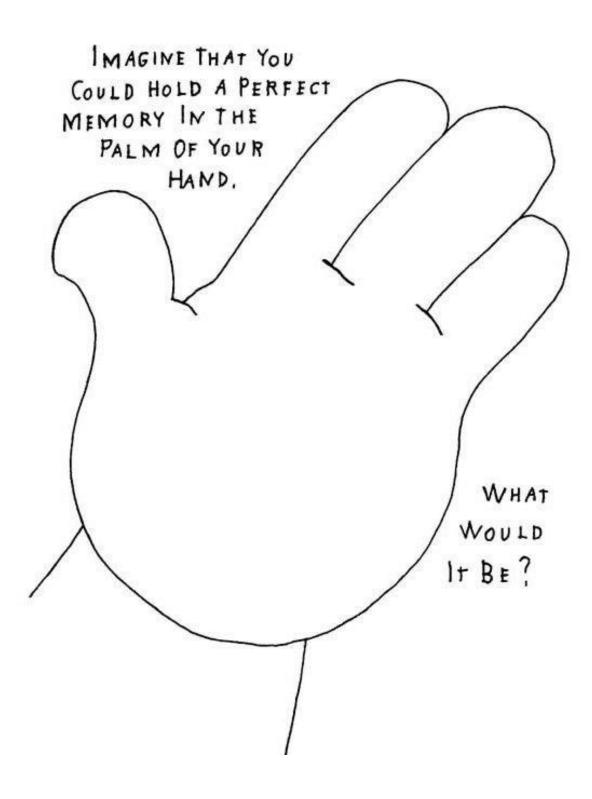
Don't be forced into doing things you don't want to do, or don't feel up to solely to keep others happy. Don't overwhelm or overcommit yourself. Remember grieving takes up a lot of energy and you will have much to spare. Use it for what is really important to you.

Do something for someone else. Reaching out to others can bring you a sense of wellbeing. You can combine this with a memorial of your loved one. For example, donating something to charity in your loved one's name can be meaningful.

Pay attention to your physical emotional, and spiritual needs and do whatever helps you get through this time.

From <u>How to Go on Living When Someone you Love Dies</u> by Teresa Rando


# **The Perfect Memory**




#### **Pet Loss During the Holidays**

The holidays an be a difficult time if you are mourning the loss of a pet. For many of us, our pets are an important and treasured part of our lives. Not having them with us at the holidays and other times gives us the right to grieve for the loss of a pet. Grieving for a pet can be an isolating experience; our society isn't very good at supporting mourners, and that's especially true if you are mourning the loss of a pet. It can be helpful to seek outfriends and family that have gone through a similar loss; they may be better able to understand your feelings and your need to talk about your pet.

The internet has many resources for someone going through the loss of a pet. The site <a href="https://www.pet-loss.net">www.pet-loss.net</a> has lots of helpful information. The College of Veterinary Medicine at the University of Illinois operates a helpline offering live telephone support for those who have experienced, or are about to experience the loss of a pet. They are available Sunday, Tuesday, and Thursday evenings from 7-9pm central time. They can be reached (toll-free) at 877-394-2273. If you feel the need to memorialize your pet in a special way, there are many animal-related charitable organizations that can use support. A memorial made in your pet's name can be a fitting tribute.

# My Personal Holiday Plan

# I predict the most difficult parts of the holiday season for me will be:

1.	
2.	
0.	
My su	pport people (those who can hear my grief) are:
1.	
2.	
3.	
My gr	ief triggers might be:
1.	
2.	
3.	
Word	s that would be helpful for me to hear would be:
1.	
2.	
3.	
This y	ear, I want to include the following traditions in my holiday:
1.	
2.	
3.	

#### Give What's Left of Me Away

Now that I'm gone,
Remember me with a smile and laughter.
And if you need to cry,
Cry with your brother or sister
Who walks in grief beside you.

And when you need me,
Put your arms around everyone
And give to them
What you need to give to me.

There are so many
Who need so much.
I want to leave you something,
Something much better
Than words or sounds.

Look for me
In the people
I've known and loved or helped
In some special way.
Let me live in your heart
As well as your mind.

You can love me most
By letting your love
Reach out to our loved ones.
By Embracing them
And living in their love.

Love does not die, People do. So, when all that's left of me is love, Give me away as best you can.

**Author Unknown** 

#### SUGGESTIONS FOR COPING WITH HOLIDAYS

Holidays and anniversaries are times when people remember important and usually happy occasions, and at the same time look forward to the future. If there has been a death in the family, emotional wounds are left that can ache during these times of warmth and cheer. Feelings of isolation and loneliness can magnify.

With planning and forethought, it is possible to get through these times. We hope the following suggestions are as helpful to you as they have been for others.

- 1. Realize that this is a new holiday, unlike the holidays of the past.
- 2. Acknowledge the absence of your loved one. Have a dinner or toast in their honor. Visit the cemetery or memorial site. Don't be afraid to cry... or to smile!
- 3. Engage in spiritual activities that are comfortable for you.
- 4. Do things because you want to do them, not because your loved one "would have wanted it that way" Do what you are comfortable doing.
- 5. Initiate activity yourself; do not wait for others. Plan your own holiday. Make phone calls to your friends or relatives. Calls to people in similar situations can be worthwhile. Follow through with these activities.
- 6. Remember that one is a whole number. Time spent by yourself can also be rewarding.
- 7. Be gentle with yourself, all wounds take time to heal. Realize that you will feel sad at times.
- 8. Take time to identify and take care of your needs. Get adequate rest and exercise.

  Be aware of the increased availability of sugar, caffeine, and alcohol during the holiday season, and guard against overuse of these substances.

#### MORE IDEAS FOR COPING

**Change traditions.** Have holiday dinner at a different house this year. Do something new on days surrounding the holiday. It is a paradox that the more you try to make it the same as it was before, the more obvious your loved one's absence will be.

Go away if you feel you will be devastated by staying home. But remember that the holidays are celebrated the world over so you can't fully escape. You will probably do better by facing your pain and being near the people who love you.

**Balance solitude with sociability.** Solitude can renew strength. Being with people you care about is equally important. Plan to attend some holiday parties, musicals or plays. You may surprise yourself by enjoying it.

**Relive the happy memories.** Pick three special memories of holidays past with your loved one. Think of them often, especially if grief spasms seem to pop up at an inappropriate time.

**Set aside "letting go" time.** Set aside special times on your calendar during the holiday season when you can easily be alone and grieve. When you know you will have these special times, you can more easily postpone your flow of grief in public.

**Counter the conspiracy of silence.** Because family and friends love you, they will think they are doing you a favor by not mentioning your loved one so you won't get upset. Break the ice by mentioning your loved one. Openly state it is important for you to talk about your loved one during the hooliday season when he or she is so much on your mind.

**Try not to "awful-ize".** It is tempting to conclude that life is awful during the holidays. Yes, you will have some difficult times, but you can also experience some joy. Experiencing joy in giving and receiving does not mean that you have forgotten your loved one or that you love him or her any less.

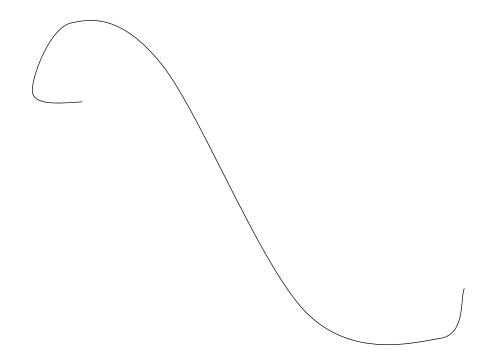
**Find a creative outlet.** Write a memorial poem or story about your loved one and share it. Make a painting or scrapbook. Find and frame a special photograph. Create a memory spot in your home with special things that can remind you of your loved one. Contribute to a group your loved one would have supported. Use the money you would have spent on a gift for your loved one to buy something for someone he or she cared about.

**Don't forget the rest of your family.** Especially try to make this a good holiday for the children. Listen to them. Celebrate them. If decorating the tree or buying holiday gifts is impossible, ask a friend to do it for you this year. Your friend will be glad to know something specific they can do to really help.

**Utilize available resources.** If your faith is important to you, participate in special holiday services. Being with others and experiencing familiar rituals can be helpful. Take advantage of a support group or start your own short-term (even non-official) support network to help get through the holidays. Make connections with others that can identify with how you feel.


# What Could It Be?

Use this line as the beginning of a drawing about you, your family, how you feel, or anything you want! You can turn the paper in any direction. Challenge yourself by asking other people to add to the line to make it a group effort!




# Thoughts for the Holidays

By Joanetta Hendel, Indianapolis, Indiana

#### **Plan Ahead**

Bereaved individuals who experience the most difficulty with the holiday season are those who have given little thought to the challenges they will encounter. Consider ahead of time what may be expected of you, both socially and emotionally, as well as your own preferences.

# **Accept Your Limitations**

Grief consumes most of your available energy no matter what the season. The holidays place additional demands on your time and emotions. Plan to lower your expectations to accommodate current needs.

## **Make Changes**

Your circumstances have changed. Expect to make necessary alterations in holiday plans to accommodate those changes. Consider changing your surroundings, rituals and/or traditions to diminish stress. Serve notice on family and friends that this year things may be somewhat different.

#### **Trim Down to Essentials**

Limit social and family commitments to suit your available energy. Shop early or use catalogue sales. Re-evaluate priorities and forego unnecessary activities and obligations.

# **Ask for and Accept Help**

Accept offers for assistance with holiday shopping, decorating, cleaning, cooking, etc. Chances are loved ones are looking for ways to lessen your burden at this time of year. Allow those who care about you to offer their support in concrete ways.

#### **Inform Others of Your Needs**

Give family and friends the tools they need to help you through the holidays. Be specific with them about your preferences and desires, and keep them up-to-date when those needs change.

# **Build in Flexibility**

Learn to 'play it by ear.' There is no concrete formula for learning to deal with loss. You are the foremost authority on what is best for you, and your needs may legitimately change from day to day. Accept the fluctuations that occur when walking in unknown territory, and learn to take each moment as it comes.

#### Give Yourself Permission 'To Be'

Allow breathing space and expect fluctuations in mood and perspective. The bereaved work overtime. Not only is life more complicated, but all energy is siphoned into mental

and emotional resolution. Grieving is nature's way of healing the mind and heart from the greatest injury of all. Allow yourself the privilege of limping till your wounds have healed and you can learn to run again.

#### SUGGESTIONS FOR FAMILY HOLIDAY PROJECTS

#### **MEMORY BOOKS**

Collect memories of past holidays by making drawings, writing stories or poems, or assembling photographs and souvenirs. These can be stapled or tied together in a simple book or other album to be shared and saved. Ask for contributions from immediate and extended family members of the person who died.

#### THANK YOU CARDS

If the idea of sending holiday cards is not appealing, consider sending thank you cards to family and friends instead. Having children make their own cards might be a fun project.

#### **MEMORY CHAIN**

Using strips of colored paper, write or draw about a memory of the person who died or a memory of past holidays. Shape each strip into a circle and staple or tape securely, joining all the links of the chain together. The chain can be added to at any time and by anyone in the family, or by visitors. Display your chain in a central family location or let individual family members create their own for their own special spot.

#### A PLACE AT THE TABLE

Create a plate and/or placemat to remember the person who died to be included in your holiday table setting. Use a strong paper plate and add drawings, words, stickers, pain, anything you want. A placemat can be fabric or paper which could be covered on both sides with clear contact paper. Another idea would be to make a special placemat for all family members. Consider serving a special food that was a favorite of the person who died in order to remember him or her at the meal.

#### HOMEMADE CLAY

Clay is an activity that has a long "fun life" for children on their own or in a group. A few cups and plates and some plastic silverware, a rolling pin and cookie cutters or some small figures, toy animals, or cars added to the clay table can increase the amount of time children stay interested and occupied. Here is a recipe that can be easily made with some adult help:

#### **COOKED PLAYDOUGH**

1 cup flour

1/2 cup salt
2 teaspoons cream of tartar
1 cup water
1 tablespoon oil
1 teaspoon food coloring

\*combine flour, salt, and cream of tartar in a saucepan
\*mix liquids and gradually stir them into the dry ingredients.

\*when the mixture is smooth, cook over medium heat, stirring constantly

\*remove from heat and knead until smooth

\*store in a sealed plastic bag in the refrigerator.

#### **OUR LIVES ARE A GIFT TO OTHERS**

Find a big, empty, undecorated gift box. Gather wrapping paper choices, ribbons and other decorative items. Instead of using wrapping paper, consider using white paper that can be decorated by family members themselves. Have the family work together to plan how the box should look. The box should be wrapped so the lid can be removed. Into this box, family members can place small pieces of paper on which they have written or drawn about how the person who died has been a gift to them. Remember that gifts can be how much the person loved them, hugs, teaching a skill or tradition, inspiring values or behavior, encouragement, etc. Younger children should be helped with this activity. At gift-opening time, this box can be opened and the memories and gifts of the person who died can be shared.

#### HOW TO HELP OURSELVES THROUGH THE HOLIDAYS

In our lives there are many hoolidays or "special days" such as birthdays, anniversaries, graduations, weddings and religious holidays to name a few. These are all difficult days for the bereaved, but for many, the most difficult holiday of the year is Christmas. This day more than any other means "family togetherness". It is at this time we are so acutely aware of the void in our lives. Many people wish the holiday season simply would not happen. We continually hear Christmas carols and people wishing each other "Merry Christmas" and "Happy Holidays". Listed below are some ideas and suggestions that others have found helpful in coping with the Holiday Season. Choose the ones that will help you.

- 1. Family-Get-Togethers may be extremely difficult. Sit down with your family and decide what you want and don't want to do for the holiday season. Be honest with each other about your feelings. If you wish things to be the same, you will be disappointed. Undertake only what each family member can comfortably handle.
- 2. There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change.
- 3. Keep in mind the feelings of your children or family members. Try to make the holiday season as joyous as possible for them.
- 4. Be careful of "should". It is better to do what is most helpful for you and your family. If a situation looks especially difficult over the holidays, don't get involved, if possible.
- 5. Set limits. Realize that it isn't going to be easy. Do the things that are very special and/or important to you.
- 6. Once you have made the decision about the role you and your family will play during the holidays, let relatives and friends know.
- 7. Baking and cleaning the house can get out of proportion. If these chores are enjoyable, go ahead, but not to the point of becoming overtired or stressed.
- 8. If you used to cut down a tree for your holiday tradition, consider buying a precut tree this year. Let your children, other family members, neighboring teens, friends, or people from church help with the decorating of the tree and house. If you choose not to have a tree this year, perhaps you could make a centerpiece from the lower branches of a tree, or get a ceramic tree of another symbol to serve as your "tree" this year.
- 9. Emotionally, physically and psychologically, the holidays are draining. You need every bit of strength. Try to get enough rest.
- 10. What you choose to do for the first year, you don't have to do the next.
- 11. One possibility for the first year may be to visit relatives, friends, or even go away on a vacation. Planning, packing, etc. keeps your mind off the holiday and you can spend the time in a different and hopefully less painful setting.

# What's in Your Heart?

Emotions (Assign each one a color) Нарру Sad Worried Frustrated **Tired Scared Angry Excited** Lonely




#### WORD SEARCH PUZZLE

S E C S S S DLA D 0 W S T S Η Е Т Е E N Т Н E F U D E T F S T R R E D R I T S 0 C I T E S S E E Т E Х D F S Н N S Т P F Е R I T P R Н P R R Y S S U 0 R R Е N Н E Н E F U В R N Е R R R D Т 0 F Е T S R Е Е S Т T R Η

SURPRISED
NERVOUS
AFRAID
CAUTIOUS
CONFUSED
ECSTATIC
EXCITED

ENRAGED
HAPPY
ANGRY
FRUSTRATED
BORED
JEALOUS
WORRIED

PROUD
PROUD
CONFIDENT
LONELY
SHOCKED
HOPELESS
SAD


# | FeeL... WiSH... think... Need... I Want...=