



# HOLIDAY Traditions

## Coping With Grief

(NAPSA)—For many people, the loss of a loved one hurts more on holidays, birthdays, anniversaries or other special days, when grief gains intensity and depth. These feelings are normal and to be expected.

- One of the best ways to approach special days is to acknowledge that they will be different. Keep in mind that for most, the anticipation of special days is usually worse than the actual experience. When planning for special days, look realistically at past experiences. What was really enjoyable and what could you have done without? Choose to do only the things you truly enjoy.

- Over the course of the holiday season, you may be expected to attend certain celebrations—parties, weddings, etc. You may find such situations easier to manage if you consider them individually, according to how you feel at the time. If the host is amenable, wait until the day of the event to make your decision.

- Sometimes, instead of fielding invitations for holiday parties and celebrations, the opposite may happen. Not knowing what to say, or believing you want time to grieve, you may be left alone. This may not be what you want. If you want to be with friends and family, tell them so. Ask for their support and companionship.

- Expect to feel tired and in greater need of rest during the holidays or on special days.

These tips and resources have been developed by Dignity Memorial funeral, cremation and cemetery service providers. For more information or a free brochure, call 1-800-9-CARING.