

# 5 Pointers on How to Cope at Christmas When You're Grieving

In the UK every year about 550,000 people die. Each one affects at least 4 other

people. That's over 2 million people grieving and facing a very different Christmas from before.

What can you do to make it bearable?

1

## Throw out expectations

You may be really dreading Xmas day, though you don't know how it'll be. Open your mind to it being okay.

2

## Do things differently

Forget about 'ought' and 'should'. Create a new way of Christmas for yourself.

3

## Talk about your loved ones

Have them be there with you consciously. Create space for them. Let others speak of them & bring them into the conversation.

4

## Be kind to yourself

Take time out, call a friend, buy yourself a lovely present from your loved one. Celebrate when you give it to yourself.

5

## Avoid the shops

Buy presents online instead. Forget about Xmas cards all together if it's too painful.

Finally, accept all help when it's offered. And remember, next year it will be different.