

THE 10 GOLDEN RULES  
FOR GETTING THROUGH  
CHRISTMAS  
WHILE GRIEVING...



Deuil-  
Jeunesse®

By definition, the calendar helps us keep track of time but sometimes, unfortunately, it also reminds us of the absence of our loved ones, especially on special dates like birthdays, Valentine's Day, Mother's Day, Father's Day and Christmas.

There's no magic formula and only you know what tools, strategies and coping mechanisms you have at your fingertips.

Grieving is different for everyone...  
but here are some golden rules that can help:



Deuil-  
Jeunesse®

1.  
REGULARLY ASK YOURSELF :  
“WHAT DO I NEED?” AND TELL  
SOMEONE YOU TRUST.

One way of answering a simple need might be to do your Christmas shopping while listening to music!



Deuil-  
Jeunesse®

2.

# LET PAINFUL MOMENTS BE PAINFUL

It's no use avoiding or masking them. They're there and are part of the grieving process. If you try to hold back the pain you won't be able to get past.



Deuil-  
Jeunesse®

3.

# FEEL LIKE LAUGHING? GO FOR IT!

Don't keep yourself from smiling or laughing when it comes naturally.

Guilt about feeling happy while grieving is often very unhealthy. You're here, fully alive, and you deserve to be.



Deuil-  
Jeunesse®

4.

# ONLY YOU KNOW YOUR GRIEF

Other people's experiences, when they tell you about their Christmases early in their own grieving period, can be very interesting. But, you might not agree or feel the same. The only expert on your grief is YOU!

You know what you're feeling and you know what you need. Listen to your inner voice and tell yourself that you're the expert when it comes to your own grieving process...



Deuil-  
Jeunesse®

5.

# TAKE THINGS ONE DAY AT A TIME...

And, if a day is too much, take it minutes at a time without worrying about how you'll make it through what's to come. Don't worry about December 25 when the calendar shows that it's only December 23.

Live every day, with what it brings... tomorrow will come soon enough. This way, you won't ruin your days worrying. Experience shows that often worrying about what's to come is worse than when these things actually happen.



Deuil-  
Jeunesse®

6.

# DON'T FORGET CHILDREN AND TEENS

Ask them what they're feeling but, above all, tell them what you're experiencing... Don't wait for them to bring up the subject. By talking to them, we're teaching them to express their grief. Accept that it can be difficult for them to discuss it.

Young people's grief is also unique and may not resemble yours.

Their sadness may not necessarily fall at the same times as other people's. Their grief is very real; don't try to minimize it. Give them eye contact, listen to them and try to comfort them using more than words. A kind look or hug go much farther.



Deuil-  
Jeunesse®



7.

# WHEN YOU EXPERIENCE A DIFFICULT TIME, OFFSET IT WITH SOMETHING PLEASANT.

Something as simple as a delicious cup of coffee,  
if it comforts you. Even something little can make  
you feel a bit better.



Deuil-  
Jeunesse®

8.

IF YOU FEEL THAT YOU'RE REALLY  
NOT DOING WELL, ASK FOR HELP.

You can talk to a family member or  
friend or contact a professional.



Deuil-  
Jeunesse®

9.

# DON'T FORCE YOURSELF TO HAVE A "MERRY" CHRISTMAS.

Experience YOUR CHRISTMAS, letting yourself feel what you feel when you feel it.

Surround yourself with people who make you feel good and with whom you can be yourself. Take the time to note your fears and what you'd like to experience or not experience at this time. This moment of reflection will do you good.



Deuil-  
Jeunesse®

# 10. LET YOUR HEART GUIDE YOU

This will also help for the new year that's  
just around the corner!



Deuil-  
Jeunesse®