Coping With the Holidays Checklist

Check what you would traditionally do with a “T” and then check with a “W” what you want to do this year. Share this with your family or have them do one of their own and compare notes.

**Holiday Cards**
___ Mail as usual
___ Shorten your list
___ Elect to skip this year

**Decorations**
___ Decorate as usual
___ Modify your decorations
___ Ask for help
___ Let others do it
___ Have a special decoration for your loved one
___ Eliminate the tree or other decorations

**Shopping**
___ Shop as usual
___ Give cash
___ Shop through catalogs
___ Ask for help
___ Shop early
___ Make your gifts
___ Give baked goods
___ Shop with a friend
___ Don’t exchange gifts now but perhaps later
___ Make a list of gifts you want before you go out

**Holiday Music**
___ Enjoy as usual
___ Avoid turning on the radio
___ Listen to music, have a good cry and allow yourself to feel sad

**Traditions**
___ Keep the old traditions
___ Attend holiday parties
___ Don’t attend holiday parties
___ Go to an entirely new place
___ Bake the usual holiday foods
___ Buy the usual holiday foods
___ Bake but modify what you would usually do
___ Go to religious services
___ Don’t attend religious services
___ Spend quiet time alone
___ Visit the cemetery

**Holiday Dinners**
___ Prepare as usual
___ Go out for dinner
___ Invite friends over
___ Eat alone
___ Change time of dinner
___ Change routine of dinner, such as, this year do a buffet
___ Change location of dinner, eat in a different room
___ Ask for help

**After Hanukkah & Christmas, Approaching New Year’s Day**
___ Spend as usual
___ Remove decorations early
___ Go out of town
___ Avoid New Years parties
___ Attend a New Years party
___ Have a New Years party
___ Spend time with only a few friends
___ Go to a movie
___ Go to bed early

For information on upcoming grief support programs visit www.hnsgb.org or call 978-774-5100.