

Preparing for the Holidays: Questions that can Help you Plan Ahead

1. What is it about the approaching holidays that most concerns you?
2. Who can I turn to for help (family, friends, faith community, support groups)?
3. What do you need for others to understand about you during this time?
4. What can other people do to help you?
5. What can you refrain from doing?
6. What can you do to help others?
7. What are some creative ways you might handle the holiday celebrations so you can be true to the spirit of the season while being honest about the loss you have suffered?

