

# Preparing for the Holidays



Most people who are grieving begin thinking about the holidays in September or early October. It's normal to worry about how these significant dates will affect you and your family without your loved one.

Let's begin to prepare by thinking about what dates will be most significant for you and your family. It may be helpful to have your calendar nearby to reference, as these take place year round.

**\* What holidays (federal holidays, religious or secular holidays) are most significant for me or my family?**

---

---

---

**\* What birthdays and anniversaries are most significant for me and my family?**

---

---

---

**\* What seasonal or annual rituals or traditions (such as an annual vacation or watching college bowl games on TV) are most significant for me and my family?**

---

---

---

**\* Which ones do I think will be impacted by the death of my loved one? How so? How will this affect me emotionally? What do I anticipate it being like this year?**

---

---

---