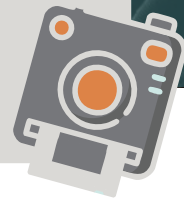


# Ways to Support the Grieving During the Holidays

## Share Memories Through Photos

Send a holiday card with a photo of their loved one. Encourage them to display it with their decorations or help them gather and showcase a collection of photos at home.



## Gift a Special Ornament

Give a meaningful ornament that reminds you of their loved one. Involve children in making or selecting the ornament and offer to help place it on the tree or find a special spot for it.



## Be a Listening Ear

Invite them to share their thoughts about holiday challenges. Let them talk about the moments they'll miss their loved one most.



## Spread Holiday Cheer

Helping others can lift the spirits. Offer to work alongside your friend by volunteering, preparing a meal, or performing small acts of kindness.



## Record and Share Memories

Reminisce about past Christmases, sharing stories and traditions. Encourage them to write down or record these memories and offer to help document these moments for future generations.

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## Show and Accept Emotion

Let them know it's okay to express their feelings and cry. Sometimes, just being there can provide immense comfort.

## Encourage Joy

Encourage balancing grief with joyful activities; invite them for a winter-themed activity like going out for hot cocoa. Support them in finding moments of happiness and letting them know they're not alone.

