



Steps for Holiday Survival

HOLIDAY SURVIVAL FOR BEREAVED PARENTS

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STEP 01

Give Yourself Grace

Bereavement forever changes you. It creates physical, social, and emotional changes in us. There is no right or wrong timeline. There is only yours, which is a journey of valleys and mountains.



STEP 02

Cry

Crying does not mean you are ever 'weak'. It releases stress hormones which build up in our bodies and cause physical and emotional stress. Crying is our body's natural pain killer.



STEP 03

Seek Joy

Remember your child and how much they love you not 'loved'. Make them proud through your accomplishments and love for others. Loving others never takes away from your love for your child who is no longer physically with you.



STEP 04

Be With Loved Ones

We were not created to bear this pain and devastation alone. Spend time with those that you find comfort in and support you. They may not be your family, but instead co-workers or friends.



STEP 05

Remember and Honor

Try the holidays in a new way. Grief has a unique way of giving us permission to evaluate what parts of the holidays we enjoy and what parts we do not when moving forward with our child in Heaven.

