

## Supporting you this Season

### **Welcome**

We understand that Christmas time can be a daunting prospect while grieving, whether it is a recent bereavement or from years gone by. As we hope for peaceful and worry free festive season, here are some gentle suggestions and ideas that could help you manage not only yourself but also friends and family expectations.

### **Do what is best for you**

No matter what you predict your emotions to be, you may feel differently. This could be intense joy, great sadness or something in between. Take a moment to recognise the feeling and know that it will pass.

### **Keep some routine**

It is important that you maintain some healthy routines: getting enough sleep each night, eating regularly and adding some movement to your day will really help.

### **Be kind to yourself**

Christmas can be emotionally and physically exhausting so ensure you are gentle with yourself. Give yourself some time, whether it is sitting in your favourite spot with a cup of tea, having lunch with a friend or going for a run. Do things for yourself.

### **Plan ahead but be flexible**

Certain traditions and expectations may be more difficult whether it is places you go, writing your Christmas cards or the food that is usually on the table. Think about the things that may be different and how you might like to approach them. Stay aware of how you really feel and be open to change.

### **Talk to others**

It is important to talk to others, perhaps a trusted loved one or a bereavement group. Talking things through and having someone to listen and support you at sensitive periods of time can be re-assuring and a great relief.

For more information on bereavement support visit our  
website: [www.sjhospice.org.uk/bereavement-support](http://www.sjhospice.org.uk/bereavement-support)  
or email: [sjh.familysupport@sjhospice.org.uk](mailto:sjh.familysupport@sjhospice.org.uk)

# Remember a Loved One

Think about whether you would like to reflect or celebrate your loved one around the festive season. This could be participating in something you have always done or starting a new tradition as a way to honour them. Chat to those around you if you would like to include them or hear their thoughts.

## Light a candle

Light a candle or set up some fairy lights in a chosen place. You are warmly invited to dedicate a light on our Hospice Tree in their memory, details available at [www.sjhospice.org.uk/lightupalife](http://www.sjhospice.org.uk/lightupalife).

## Visit a special place

Take a walk or have sit at a place that you enjoyed together, invite family or a friend if you would like to share the moment.

## Play something they loved

Pick music they loved to listen, dance or sing to. You could close your eyes and enjoy happy memories.

## Add to your Christmas decorations

Buy a decoration that would have made them smile, or write a special message and hang it on your tree with ribbon.

## Share a star on the St John's Christmas tree

When you make a dedication, you will receive a set of decorative stars to write the names of your loved ones on. Make a special trip to St John's or come to our celebration event, where you and can share a star on our tree. Keep the other star for your own tree.



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# Children & Young Adults

Here are some simple ways to help you support your children or young adult with their grief and feelings this Christmas. You can cut out the below and chat through ways they may want to approach this festive season.

- Find someone you can trust to talk to about how you feel: sometimes using games or drawings can help you do this.
- Talk to your family and friends about things you might like to do for Christmas.
- Take time to remember your loved one with an activity or even just some quiet time by yourself.
- Be kind to yourself by making sure you get time to sleep, rest and think.
- Most importantly, remember that it's still ok to laugh and have fun this Christmas.



## Online Support

If you would like more information on where to find support for children or young adults, please visit one of the following websites.

*Young Minds:* [www.youngminds.org.uk](http://www.youngminds.org.uk)

*Winston's Wish:* [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

*Child Bereavement UK:* [www.childbereavementuk.org](http://www.childbereavementuk.org)

*CRUSE:* [www.cruse.org.uk](http://www.cruse.org.uk)



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