



NAVIGATING GRIEF DURING THE HOLIDAYS

Gwendolyn O. Burton
Certified Grief Educator
Author



HI THERE!

*I understand you!
For those who've experienced
the death of a loved one,
the holidays can be tough.*



What is
Grief?

A closer look!

DAVID KESSLER SAYS:

- Grief is the internal part of loss, how we feel.
- The internal work of grief is a process, a journey.
- It does not end on a certain day or date.
- It is as individual as each of us.
- Grief is real because loss is real.
- Each grief has its own imprint, as distinctive and as unique as the person we lost.
- The pain of loss is so intense, so heartbreaking, because in loving we deeply connect with another human being, and grief is the reflection of the connection that has been lost.

5 TIPS TO MANAGE GRIEF AND LOSS

- ✓ Don't Compare
- ✓ Honor and Validate Your Feelings
- ✓ Resist Social Pressure
- ✓ Take Time to Rest
- ✓ Ask for and Accept Help



#movingforward

TIP #01 DON'T COMPARE

Grief is as unique as our fingerprints. No two people will grieve the same so don't compare how you grieve to anyone else. How we grieve is connected to our individual relationship with the person who transitioned. Comparing only brings guilt and judgement.



TIP #02

VALIDATE AND HONOR YOUR FEELINGS

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Whatever your loss, it's personal to you. Don't feel ashamed or suppress your tears or other grief related emotions, or believe that it's somehow only appropriate to grieve in certain ways or for certain things.

If the relationship was significant to you, it's normal to grieve that loss. Give yourself permission to grieve fully and freely.



TIP #03


RESIST SOCIAL PRESSURE

It's OKAY to say "NO."

Don't pressure yourself to 'move on' just because your friend or family say so. This can impede the healing process.

Resisting social pressure places our need to grieve first and enables you to engage, adapt, adjust, and move forward at our own pace.

Daily Motivation



"You know?
It's okay to say
"no."

TIP #04 TAKE TIME TO REST

Grief is draining and taxing on the body. It leaves us exhausted emotionally, mentally, and physically. Take time to rest and incorporate other forms of self-care into your daily routine.



TIP #05

ASK FOR AND ACCEPT HELP





STAY IN TOUCH



www.gwendolynoburton.com



movingforwardwithgb@gmail.com



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