








Search Results for Google

 [Print](#)

**Sharing**

-  [Digg](#)
-  [del.icio.us](#)
-  [Newsvine](#)
-  [Reddit](#)
-  [Google](#)
-  [Yahoo](#)
-  [Permalink](#)



November 13, 2007 08:00 AM Eastern Time 

## Ten Tips for Coping with Grief and Loss During the Holidays

Provided by San Diego Hospice and Palliative Care

SAN DIEGO--([BUSINESS WIRE](#))--San Diego Hospice and Palliative Care:

**WHAT:**

San Diego Hospice and Palliative Care offers the following tips for coping with grief and loss during the upcoming holiday season:

**1. Take care of yourself**

You are of little value to your family and friends if you are not well rested and taking care of yourself first and foremost.

**2. Find a way to acknowledge the person you have lost**

Rather than avoiding the feelings, find a way to remember and acknowledge the person that is meaningful and positive.

**3. Incorporate memories or stories about the person into your family traditions**

Remember your friend or family member's role in holiday traditions and share those memories.

**4. Find new traditions that honor those who are no longer here**

Consider incorporating a new tradition such as a special decoration or moment of reflection in memory of the person who has died.

**5. Plan ahead**

Think ahead about what events will be especially emotional for you this holiday season and evaluate what will best ease that pain whether it be surrounding yourself with family or excusing yourself for a private moment.

**6. Take one day at a time**

Focus on today and the experience at hand.

**7. Don't be afraid to make changes**

Sometimes old traditions or routines can be too painful without important people present. Try something new this holiday season. Consider going somewhere different or changing your traditional holiday menu.

### 8. Do what you can

Do only what is special and meaningful to you this year. Be brave enough to say no, and be realistic enough to cancel plans when you change your mind.

### 9. Ask for help

Ask for and accept offers of concrete assistance with holiday chores like decorating, shopping, cooking or cleaning. Look for ways to involve other people in your holiday planning.

### 10. Speak to someone outside the family

Call on resources in your area. Organizations like the Center for Grief Care and Education at San Diego Hospice are ready to be of assistance by calling (619) 278-6480.

#### WHY:

November is "National Hospice and Palliative Care Month" and is also the beginning of the hectic and sometimes trying holiday season.

#### WHO:

Noreen Carrington, MA, LMFT, FT, Director of the Center for Grief Care and Education at San Diego Hospice is available for interviews to further discuss coping with grief during the holidays.

Please contact: Karen Sparks, 858-455-5500 X275 or [Karen@mentus.com](mailto:Karen@mentus.com) to schedule an interview.

#### About San Diego Hospice and Palliative Care

The not-for-profit healthcare organization employs more than 700 experienced staff and faculty, supported by more than 600 trained volunteers, and brings compassionate, expert medical care to nearly 1,000 seriously ill adults and children each day throughout San Diego County. San Diego Hospice & Palliative Care assists more than 10,000 individuals, experiencing grief and loss, with support, counseling and guidance each year. In addition to patient care services, San Diego Hospice & Palliative Care is the only academic hospice program in the region, providing advanced education to more than 1,200 physicians and healthcare professionals annually and conducting clinical research trials to promote better patient and family care. The organization's mission focuses on improving quality of life at every stage of life — not just for the patients and families served by the organization, but for the staff and volunteers that drive the organization's mission.

#### Contacts

San Diego Hospice  
Melissa DelaCalzada, 619-278-6139  
[mdelacalzada@sdhospice.org](mailto:mdelacalzada@sdhospice.org)

or

Mentus  
Karen Sparks, 858-455-5500  
[karen@mentus.com](mailto:karen@mentus.com)

#### At A Glance

##### SAN DIEGO HOSPICE & PALLIATIVE CARE

Headquarters: San Diego, CA  
Website: <http://www.sdhospice.org>  
CEO: Jan Cetti  
Employees: 700+  
Organization: Non-profit

Source: via Business Wire  
Updated 11/14/2007 by company