

Counselor Newsletter

Mountain Vista Elementary School

December 2020

Therapist Corner



Deck the Halls with News this Season!

The holidays can be the toughest time of the year for anyone. There are family members and friends that were at last year's family gatherings who are no longer here for this one. The holidays can bring about a wide range of emotions. You might feel joy, guilt and sadness all within a few minutes. Allow yourself to feel those emotions without judging yourself or thinking you should be happy or you shouldn't be laughing. It is okay to miss them and extremely normal to feel sad, upset, guilt and any other emotion you may be feeling.

Don't be afraid to ask for help when you are struggling with the holidays. Reminding loved ones that you are having a rough time may be enough, but you may also want to reach out for more support. You are not alone. There are many others who struggle and miss someone during the holidays.

While it may feel painful, honoring your lost loved one through the past rituals and routines, or by creating small dedications to them, can be a comforting way to celebrate their life and keep their memory alive and close to you this holiday season. Check out the link below from Childmind.org.

Sending you all much love and light! May you all have a healthy and restful holiday. I wish for all of you a peaceful and prosperous 2021.

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<https://childmind.org/article/how-to-handle-holidays-after-a-death-in-the-family/>

<https://www.youtube.com/watch?v=WKaQ292QMz4>



Tips on coping with grief during the holidays

Acknowledge that the holidays will be different and they will be tough.

Remember that not everyone will be grieving the same way you are grieving.

Talk to someone and be honest about how you are feeling.

Journal when you are having a bad day.

HOLIDAY ACTIVITY

Fill a plastic bottle halfway with water, and halfway with baby oil or corn oil. Add a touch of food coloring, add beads and letters. Add glitter. Hot glue the lid shut and shake well.

Check out the second link for a video tutorial on the left ←