



10 Steps to Help You Through the Holidays

by Jodi Snowdon

Grieving the loss of a loved one is hard, but Holidays without your loved one is the hardest.

Since Holidays have a way of magnifying our grief, let me encourage you by sharing some things that helped me during my grief.

- 1. Give yourself lots of grace** if you are missing someone special this Thanksgiving.
- 2. Ask God for strength and energy to get through the day.** Invite friends to pray for you too.
- 3. Surround yourself with people who care and can empathize with you.** This could be your family, friends, or your small group at church.
- 4. Be honest with how you are feeling and let others know what you need.** Journal how you are feeling if that helps!
- 5. Talk about the loved one you are missing.** Let yourself cry if needed; I remember shedding lots of tears.
- 6. Don't put any expectations on yourself** to do the same traditions you have done in the past if it is too much for you.
- 7. Guard your heart by taking a social media break.** Social Media makes you think that everyone has it all together, and you are the only one whose life has been shattered.
- 8. Fill your mind with truth** by listening to worship music or reading a helpful book.
- 9. Please don't rush your grief.** Don't worry about anyone else's expectations. You set your pace for the day.
- 10. And most importantly, remember that "It is okay not to be okay."**

I know how hard it is to miss a loved one this Holiday so I will be praying for you as God helps you get through this day. Sending you a big hug!

Love, Jodi