

GRIEF TALK

Winter
Edition

Navigating and discussing grief during the holidays is difficult. The season of family, togetherness, & celebration can often intensify feelings of loss. Talking about these feelings can help. To support these conversations, we invite you to use these prompts to reflect & share together as a group or family.

What was the last holiday you spent with your person?

Share a favorite holiday or winter season memory you have with your person.

What role did your person play during the holidays you celebrate?

What was your person's favorite holiday tradition or winter activity?

What is your favorite part of the upcoming season?

What are you looking forward to this holiday or winter season?

What are you dreading/worrying about for this upcoming season?

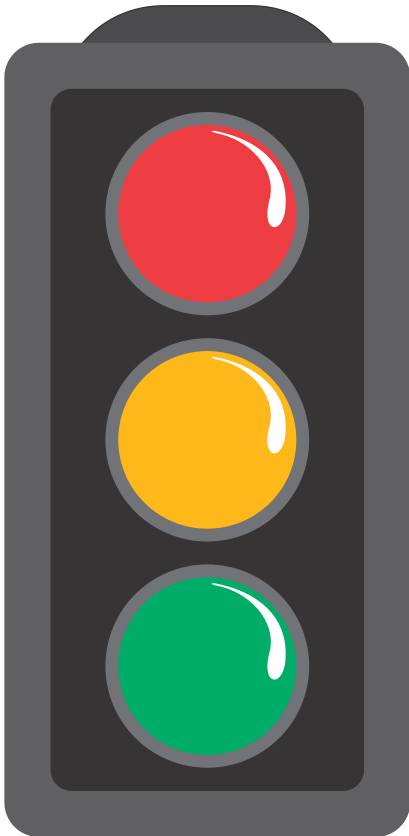
What will be the most difficult part of this season for you?

What can you do to feel close to/remember your person this season?



STOP, START, & CONTINUE

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What holiday/season of family traditions do you want to **STOP** (or pause)?

What holiday/season of family traditions do you want to **CONTINUE**?

What holiday/season of family traditions do you want to **START**?

Using this worksheet, reflect on holiday/winter season traditions. Remember, every person grieves uniquely. Share openly as a family and respect that there may be differences among family members. Consider each person's wants/needs. Give permission to yourself and others to step in or step out of identified family traditions as needed to care and support one another this season.