

GRIEF AND LOSS DURING THE HOLIDAYS

Experiencing the loss of a loved one is always difficult and it can be particularly difficult during the holiday season.

During the holidays we realize just how much our lives have been changed by the loss of our loved one. Memories of traditions and togetherness remind us of our loss. Media images and seeing others around us celebrating when we are feeling overwhelmed, lonely and sad can be exceptionally painful.

. Like many struggling with a loss, you may have questions and there may be a variety of answers depending on your unique situation. In fact, some questions might not have an answer.