



Holiday time can be enjoyable and social, but also difficult, especially for those who are grieving. This year as I talk with those grieving, they share mixed feelings.

We are still facing COVID-19. But many people are feeling able to gather with loved ones. And more people are traveling this year compared to last year. These are signs of hope.

Here in New England we are heading into the winter months when the nights are longer and colder. We need basic warmth and safety during winter. We also need to challenge the feelings of isolation and loneliness that come with both winter and grief. At this time of year, we turn to Maslow's Hierarchy of Needs to guide us.

In Maslow's hierarchy, the two foundational needs are Physiological (food, water, warmth, and rest) and Safety. These foundations have to be established before we build up to Psychological needs such as belongingness and love. Finally, we build Self-esteem and Self-actualization.

This year, build your foundation and the rest will follow. We have gathered suggestions for coping from those who have had losses and hope they provide inspiration for you. On behalf of all of us at NVNA and Hospice I send you peace and hope for gentle self-care during this holiday season and beyond. We are here for you.

Suggestions for Coping with Grief in the 2021-2022 Holiday Season

- **Plan ahead.** Discuss holiday tasks with others. For your peace of mind, determine what and how much you need, and then inform others accordingly. If you missed our presentation on Planning for the Holidays, you can find tools for coping with holidays and other difficult dates at the Center for Prolonged Grief: <https://prolongedgrief.columbia.edu/for-the-public/resources-2/>
- **Focus on just this year.** Whatever you do this year can be changed in following years. Don't worry about all the holidays to come in years ahead. You will be at a different place at different times.
- **Help others in need.** Contributing to someone else gets your attention away from yourself and actually makes you feel better, too.
- **Ask for help.** Ask a friend or relative to help you with a task. Serving you helps them, too.
- **Remember all the pressures** and demands of the holidays, and recognize that this year you are fatigued and more vulnerable than usual. Consider cutting back on alcohol and sugary foods.
- **When you go out,** leave a light on and a radio playing. Walking into a house with warm light and low music can be comforting when returning home on a dark winter evening.

Bereavement Support Calendar:

Please call Karen Gore, LICSW, Bereavement Coordinator at 781-659-2342 x305 to register or for more information. Check website for updates.

Please contact kgore@nvna.org for information and to register for any of the below groups.

Spouse/Partner Loss Support Groups (Virtual)

Daytime - Wednesday Afternoon

2:00pm–3:30pm

In-person starting January 2022

Or evenings on the first & third Monday of each month

Evening groups will meet on Zoom

Monthly Support Group November–December

This group is for any loss. It will meet once a month on Zoom. Registration required.

**November 24th December 29th at 4:30pm.
Join one or all meetings.**

Recent Loss Educational Support Group 8-session series

Call for information and to register

For any loss (around 1 to 6 months from loss)

Next group series begins in late winter/early spring. Specific dates of following sessions will be provided when registered.

Winter Bereavement Offerings:

Moving Meditation Workshop: In-Person

Paula Nesoff, MSW, Reiki Master is offering a Moving Meditation workshop incorporating the benefits of Tai Chi and Qigong. In 3 sessions, participants will learn about the benefits of this type of meditation and learn and practice simple movements to calm the body and mind. Moving meditation focuses on the movements of the body rather than the goal of perfecting the movement. As participants practice movements along with mindfulness, daily life activities also feel less stressful on the physical body.

Please contact kgore@nvna.org to register. Workshop offered **January 11th, 13th and 18th at 12:00pm.**



Walking the Grief Spiral. A Letting Go Workshop: In- Person

Karen Gore, LICSW, Bereavement Coordinator and Counselor is offering a one-time, in-person gathering to actively address things you may need to let go of. This ritual is helpful for those who feel like they have a nagging regret, feelings of guilt or things unspoken to their loved one. The ritual will include writing, some gentle walking, and quiet reflection.

Please contact kgore@nvna.org to register.

Date and time TBD.