



Cruse
Bereavement
Care



#Cruse at
Christmas

Coping with grief at Christmas



How to support someone who is grieving

Christmas can be particularly painful for many people, and remembering and offering support at these times can be very comforting. Here are some simple things you can do to help and support those who may be struggling.



1 Talk and listen

One of the most helpful things you can do for someone who is bereaved is to listen to them.



2 Support their choices this Christmas

If they want to do exactly the same that that they've always done or do things completely differently this Christmas, be supportive of their choices.



3 Invite them to join in with your celebrations

An invite offered even with the understanding that they might not make it may be exactly what the person needs.



4 Offer practical help

Practical help can be invaluable when someone is struggling. You could offer to take meals round, help with Christmas shopping or take care of their children for a few hours.



5 Remember that grief doesn't just affect the first Christmas

After the death of a loved one, grief can often become a part of a person's Christmas. Even though things may be a little easier as the years go by, some elements of Christmas may still be very difficult.



The **Cruse National Helpline** will be open throughout the holiday period, offering a listening ear and emotional support to anyone who has lost someone they love, or been affected by a bereavement.

Coping with grief at Christmas

Whether it's your first Christmas after a bereavement, or you lost someone long ago, Christmas can be a particularly painful time. Here are some ideas that may help.

1 Consider different ways of celebrating



Some bereaved people find that they do not wish to celebrate Christmas at all, whilst some find that simply maintaining their routine and celebrating as normal is the best tribute they can pay their loved one.

2 Try to maintain a routine

The Christmas period may mean that your normal routine is disrupted, and this can make it easier to forget to look after yourself. Trying to keep to regular patterns of sleeping and eating are small things that can make a difference.



3 Remember the happy times



As time passes, special occasions like Christmas can help us to begin to focus on happier memories of good times shared in the past.

4 Skip the Christmas films



If it's all getting too much, consider taking a break from the Christmas TV and social media and take a walk or get some fresh air in any way you can.

5 Accept that others may have different ways of mourning



We know that people remember and mourn in different ways. Conflict within a family can sometimes arise when we have expectations of how others should grieve, so try to be sensitive to others' needs, and to talk openly about what will be best for you

How Cruse can help

If you're struggling to deal with the grieving process over Christmas you can call the **Cruse National Helpline** or alternatively you can message a trained grief counsellor using **CruseChat** on our website.