

# GOOD GRIEF

## SUICIDE LOSS SUPPORT GROUP

### TOP 10 TIPS FOR SURVIVING THE HOLIDAYS

As suicide loss survivors, we can often dread the holidays. However, by giving ourselves permission to take care of ourselves, we take control and feel self-empowered. Here are some tips to help you along:

Tip #1 – The most important thing you can do this holiday season, or at any time, is to put yourself with safe people who validate your loss.

Tip #2 – Avoid becoming overwhelmed. Don't feel you have to accept every holiday party invitation you receive. Pick and choose.

Tip #3 – Have a Plan B. If you go to a party and someone upsets you, have a phone number handy of someone you can call for support.

Tip #4 – Be sure to plan quiet time at home alone for yourself so you can enjoy some peace of mind.

Tip #5 – Try to make your holiday tasks a pleasant experience. Put on your favorite music, and think pleasant thoughts while you work.

Tip #6 – As with any activity, if you feel overwhelmed, then put everything away for another day.

Tip #7 – The temptation to overindulge will be great. Keep in mind that alcohol is a depressant. Too much sugar can make some people emotional and even weepy. Dark chocolate sweets can keep some people awake all night.

Tip #8 - The average American can gain 5-10 pounds over the course of the holiday season, which can be very depressing. Moderation is key. Eat before you arrive so you won't nibble all night. Find interesting people to take your mind off food.

Tip #9 – If family relations are contentious, put time limits on how long you will visit, and/or make plans to be with supportive friends, and/or volunteer your time doing something good for others and your community.

Tip #10 - Usually the first hour of any holiday gathering is the safest time to be there. After several hours, drinkers start to get drunk, kids get cranky, and relatives start making sarcastic remarks. Give yourself permission to leave any situation you find stressful or unsettling.

*The Good Grief Suicide Loss Support Group is for suicide loss survivors and is free and confidential.*

Facilitators:  
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&  
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Meeting Dates:  
*1st and 3rd Monday  
Every Month*

Meeting Times:  
*7:00 pm – 8:30 pm*

Meeting Place:  
*Starbucks  
2400 S. Bonnyview Rd.100  
Redding, CA 96001*

Website:  
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