

PLANNING FOR THE HOLIDAYS

Holiday traditions can be sources of joy for many families; they can also be triggers that make the holidays even more difficult when grieving a loss. Use this worksheet as a starting point to initiate a conversation with your immediate family to reflect on past holiday traditions and discuss together whether you want to keep, change, or drop them entirely. Even if you don't fill out the worksheet, that is okay. What is most important is that you initiate a conversation with your family about how you want to move forward together.

HOLIDAY TRADITION (WHO, WHAT, WHEN, HOW)	KEEP IT WHY IS IT IMPORTANT TO YOU?	CHANGE IT WHAT IS THE NEW PLAN?	DROP IT HOW WILL THIS HELP?
1.			
2.			
3.			
4.			
5.			