

Hope for the Holidays

Dealing with Others' Expectations and Our Limitations

1. DECIDE WHAT YOU CAN HANDLE COMFORTABLY AND LET FAMILY AND FRIENDS KNOW.
2. SEEK SUPPORT FROM OTHERS.
3. RE-EXAMINE YOUR PRIORITIES: GREETING CARDS, HOLIDAY BAKING, DECORATING, PUTTING UP A TREE, FAMILY DINNER, ETC.
4. IF YOU DECIDE TO DO HOLIDAY SHOPPING, MAKE A LIST AHEAD OF TIME AND KEEP IT HANDY FOR A GOOD DAY, OR SHOP THROUGH A CATALOGUE.
5. OBSERVE THE HOLIDAYS IN WAYS THAT ARE COMFORTABLE FOR YOU.
6. PLAN AHEAD.
7. TRY TO GET ENOUGH REST -- HOLIDAYS CAN BE EMOTIONALLY AND PHYSICALLY DRAINING.
8. KEEP IN MIND THAT THE EXPERIENCE OF MANY BEREAVED PERSONS IS THAT THEY DO COME TO ENJOY HOLIDAYS AGAIN. THERE WILL BE OTHER HOLIDAY SEASONS TO CELEBRATE.
9. WHEN IN DOUBT, CHOOSE THE SIMPLER OPTION.
10. SOMETIMES IT IS WORTH GIVING AN EVENT OR ACTIVITY A TRY, JUST LET EVERYONE KNOW YOU MAY LEAVE EARLY AND TO NOT MAKE A FUSS ABOUT YOU.
11. DON'T BE AFRAID TO HAVE FUN.

Whether you decide to continue family traditions or do something totally different this year, seek a balance that holds your heart with comfort and opens it with love to this life that does go on...as much as, at times, we can't see how.

Barren River
101 Riverwood Ave, Ste B
Bowling Green KY 42103
270-782-7258

Central Kentucky
105 Diecks Dr
Elizabethtown KY 42701
270-737-6300

Green River
295 Campbellsville Bypass, Ste 5
Campbellsville KY 42718
270-789-4247

Main Office
3526 Ephraim McDowell Dr
Louisville KY 40205
502-456-5451

Southern Indiana
502 Hausfeldt Lane
New Albany IN 47150
812-948-4862