

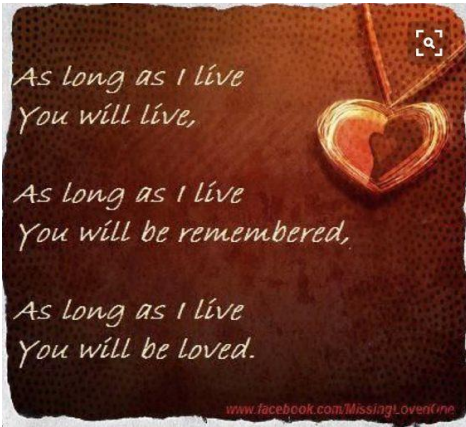


# The Companion

## Making it Through the Holidays as a Survivor – It’s About Love

*“It’s about love. It’s about the gifts of yesterday, blended with the blessing of today to make meaning for tomorrow.” ~ Meg Avery*

The holidays can be a difficult time for anyone grieving the loss of a loved one. It is especially difficult when that person was taken too soon, and we (the survivors) are left with unanswered questions, guilt, or just simply overwhelming sadness. It doesn’t matter if you’re newly grieved or if it’s been a few years, one of the ways to help deal with the stress of the holidays is to have a “holiday plan.”



Here are some ideas that may help you face the upcoming holidays. Remember that, though you may not feel like celebrating, there are others (especially children) who are expecting all the trimmings of this time of year.

1. Take care of yourself first and foremost. Remember the airplane oxygen mask – you must first put on your mask before assisting others. Eat right, drink plenty of water, get plenty of sleep and exercise or meditate.
2. Get your holiday shopping done early. If you just can’t face people, stores, etc., shop online in your pj’s from home. This will help you eliminate some unnecessary stress.
3. Make your “holiday plan.” Think about what you can handle comfortably, then communicate to others so they know how to step up and help. If you know there is no way you are going to be able to prepare a big meal or have everyone over to your home, don’t wait until the last minute to cancel. Simply tell someone that this year it’s their turn. More than likely, they will love that they can help you; and, they may have just been waiting for you to ask. If you are ready to take back some of the things that you used to do, start small and build from there.
4. Do only what is most important to you and your immediate family.
5. Plan to be with people you enjoy spending time with – stay away from those who tend to steal your joy. If you absolutely find yourself with a person who makes you uncomfortable by saying the wrong thing and you are not comfortable telling them, just offer them a cookie. Remember, people who have their mouth full won’t talk and you can then excuse yourself in a graceful manner.
6. Always be kind to yourself – give yourself the grace you freely give to others. Put that sticky note on your mirror to remind yourself – YOU ARE ENOUGH!
7. If you need to cry, cry! Remember as our grief is defined by love (It’s normal and it’s okay).
8. Start a new tradition – maybe it’s time to try something new and different.
9. Do something for others. Give a gift to a charity, make a basket for another family, or donate your time ringing the bell at the local market – anything that may give you some peace, even if it is only for that moment.
10. Say their names by including your loved one in conversations of past holidays. Let others know that you want to hear the stories and you like hearing your loved one’s name. Remember, even if you cry, just say **“it’s about love.”**

*Peace and Love my Friends, Jeanette*

## Comfort Corner

### People to Remember:

#### BIRTHDAYS:

- Robbie – November 16<sup>th</sup>
- Scott – November 24<sup>th</sup>
- Dave – November 25<sup>th</sup>
- Luke – November 29<sup>th</sup>
- Tim – December 29<sup>th</sup>

#### ETERNAL REST:

- Artem – November 2<sup>nd</sup>
- Scott – November 21<sup>st</sup>
- Jerry – November 24<sup>th</sup>
- Jeremy – December 18<sup>th</sup>
- Leroy – December 26<sup>th</sup>

### WE OFFER SUPPORT

**General support meetings:**  
3rd Thursday of the month

**Sibling support meetings:**  
2nd Wednesday of the month

**Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street, Suite F, Appleton, WI**

### UPCOMING EVENTS

**November 12th:** QPR Training at 6:30 p.m. (open to the public)

**November 28th:** Thanksgiving Day

**November 30th:** Appleton Breakfast Rotary Fundraiser for PSFC at Starlite Club in Kaukauna starts at 5:00 p.m.

**December 19th:** International Survivors of Suicide Loss Day – A special remembrance of our loved ones

**March 17, 2020:** Save the date – Herd Basketball Oshkosh – Prevent Suicide Fox Cities Day.