# WELLNEWS

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## Coping With Grief & Loss During the Holidays

The holiday season can be joyful—but it can also be incredibly difficult for those experiencing grief or any kind of loss. Grief doesn't only occur after the death of a loved one. It can also come from major life changes such as moving, relationship changes, family separation, changes in friendships, or other emotional transitions.

Everyone experiences grief differently. Age, culture, family systems, beliefs, mental health, and past experiences all shape how someone processes loss. There is no "right" way to grieve and no set timeline. What matters most is finding healthy ways to cope and knowing when to reach out for support. Grieving is a normal and natural response, and you don't have to go through it alone.

**Extra care might be needed if you notice signs such as:**

- Loss of interest in everyday activities
- Changes in eating or sleeping patterns
- A desire to reunite with a loved one who has passed
- Anxiety about being alone
- Declining academic performance
- Increased physical complaints
- Frequent absences


"The deepest pain often gives rise to the deepest strength."


### RESOURCES

- How to Deal with Grief
- The Grieving Process Now what?
- For grieving teens
- Tips for supporting a grieving friend
- The Elizabeth Hospice Grief Support
- National Alliance for Children's Grief
- Coalition to support grieving students
- The Dougy Center for grieving children and families