

# MAJOR TAKEAWAYS

# 2020 Reboot

How to Reset Expectations, Reframe the Holidays, and Cope with feelings of Grief/Loss

**2020 has been quite a year.** Nothing has looked the same or as it “should”. Holidays are a time traditionally spent sharing in the company of family and friends. How can we reframe and reset our expectations in order to **keep our loved ones safe?**



you're not alone.



United Way of Hall County

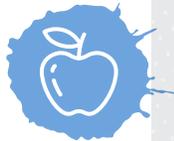


## Coping with Grief and Loss

- Adjust and reset expectations to help eliminate stress
- Understand that each person grieves differently
- Give space to grieve
- Don't push someone to be anywhere they aren't ready to be
- Find ways to honor rituals and create space to remember

## Tips for self management of stress/grief

- **Be kind to yourself** (take care of yourself)
  - Stay hydrated
  - Eat as healthy as you can
  - Go outside when weather is nice
  - Move your body
- **Be willing to receive and ask for help**
- **Get plenty of hugs within your COVID bubble**
- **Listen and vocalize your personal needs**



## Creative Ideas to honor and connect with senior adults during the holidays

- **Send gift cards and care packages**
- **Burn CD's to play a message or word of encouragement**
- **Use technology** (like Facebook Live, Zoom, etc.)
- **Set up conference lines for small groups**



## External Tools & Resources for managing grief

- **The Grief Toolbox:** [www.thegrieftoolbox.com](http://www.thegrieftoolbox.com)
- **Center for Loss and Life transition:** [www.centerforloss.com](http://www.centerforloss.com)
- **Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season** by Dr. Alan D. Wolfelt
- **Open to Hope:** [www.opentohope.com](http://www.opentohope.com)
- **Bereavement Center at Hospice of NEGA** [www.nghs.com/hospice](http://www.nghs.com/hospice)
  - Grief counselors available for virtual or phone appointments
  - Grief support groups
- **Psychology Today:** [www.psychologytoday.com/us](http://www.psychologytoday.com/us)
  - Locate a therapist for telehealth



## Reframing holiday traditions

- **Acknowledge the holidays are not going to be “normal” or like they have been in the past**
  - Look this time as an adventure
  - Don't focus on everything that cannot be done; use this time to create new traditions and new memories
- **Embrace the simple things and get back to basics**
- **Use this time to focus on family**
- **Set up a “sanctuary” in your home - a dedicated space that creates a sense of connection, reverence and worship**
- **Vocalize your holiday expectations:**
  - Respectfully listen and share each other's views and comfort levels
  - Allow yourself to say no
  - Make a plan that can reasonably accommodate everyone's wishes



Point your smartphone camera here



### Guest panelists:

**David Gladson**, Bereavement Counselor, Hospice of NGMC

**Bonnie Kin, Ph.D.**, Director of the M.S. in Applied Gerontology program

**Pastor Matthew Little**, Kingdom Builders Church & Gainesville City Schools

### To watch the full panel visit:

[www.unitedwayhallcounty.org/reachout/senioradultpanels/](http://www.unitedwayhallcounty.org/reachout/senioradultpanels/) or click the QR code.

click on the link that appears on your screen.