



Holiday Season Self-Care

There is no doubt that grief can be challenging during the holidays. This is especially true in 2020.

There may be traditions you'd like to keep and others you'd like to change. But however you decide to approach the holidays, strive to find moments of peace for yourself.

Self-Care Checklist

As you face the days ahead, this checklist can serve as idea-starters you can use throughout the season and beyond.

✓ Be Open To New Traditions

This year of social distancing means traditions might change. Think of ways to adapt—like “virtual visits” or neighborhood walks or drives to view holiday lights.

✓ Say NO when you need to

It's okay to skip holiday traditions that don't work for you this year. Avoid things that drain your energy.

✓ Say YES if you can

Accept offers from friends, colleagues, or neighbors to experiment with new “socially distant traditions.” Doing the unexpected can help you adapt this holiday season.

✓ Remember that Nutrition Matters

Keep a food log as a reminder to eat healthfully. Pause to reflect before reaching for extra food calories or alcohol.

✓ Unplug

Limit the time you spend reading the news or on social media. You'll be less stressed and will sleep better, too.

✓ Aim to Be Thankful

End each day with a moment of gratitude. Like anything else, gratitude is a practice.

✓ Move Your Body

Lift some weights or take a walk outside. It can reduce stress, help fight depression, and improve your mood.

✓ Indulge Yourself

There is nothing like a long bath, a delicious meal, or a jog to allow you to check out for a bit and just “be.”

✓ Allow Time For Reflection

Know that certain moments may trigger memories and sadness. Give yourself time to acknowledge your feelings.

✓ Get Consistent Sleep

Sleep will help your physical and emotional health. Cutting back on caffeine, sugar, and naps can help.

Contact Us

More than anything, we want you to know that **you are not alone**. Though each person's loss is different, there are many families who have walked a similar path. If you are looking for support resources or could use a listening ear, please contact us.

Website with Resources and Virtual Support Groups: www.firehero.org/families

Facebook Group: www.facebook.com/NationalFallenFirefightersFoundation

Phone: (301) 447-1365

