



**Alternative language copies available:**

If you would like this information in another language or format, please contact Marketing on **01522 559 504**

Aby otrzymać te informacje w innym języku lub formacie, prosimy o kontakt z działem marketingu pod numerem **01522 559 504**

Jei norētumēte gauti šią informāciju kita kalba ar formātu, prašome kreiptis j Rinkodaros skyrių tel **01522 559 504**

Ja vēlaties saņemt šo informāciju citā valodā vai formātā, lūdzu, sazinieties ar Mārketinga nodaļu pa tālruni **01522 559 504**

Dacă doriți să aveți această informație în altă limbă sau alt format, vă rugăm să contactați Marketing la **01522 559 504**

St Barnabas Hospice Trust (Lincolnshire)  
registered address:

**36 Nettleham Road**  
Lincoln  
LN2 1RE

**01522 511 566**  
[enquiries@stbarnabashospice.co.uk](mailto:enquiries@stbarnabashospice.co.uk)  
[StBarnabasHospice.co.uk](http://StBarnabasHospice.co.uk)



# Coping with bereavement at Christmas

## Coping with Bereavement at Christmas

Christmas can be an especially difficult time whether this is your first Christmas after a bereavement, or you were bereaved some time ago – even many years.

At St Barnabas Hospice we understand how painful this time of year can be and would like to share our tips for coping with bereavement at Christmas.

We provide local support throughout the year for all adults in the community who may be struggling with bereavement – you do not need to have accessed any of our services before.

The groups meet weekly and are warm and welcoming places. We understand that your first visit may feel daunting or overwhelming so our group co-ordinator will give you a call beforehand and arrange to meet you just before the group starts. Our groups and our volunteers are there to support you in whatever way is helpful for you.

Many people tell us that it is relief to talk to other people who are grieving and can share their feelings – other people finding the idea of talking at first difficult, and choose just to listen instead – either is fine.

## Tips for coping with bereavement at Christmas

**1** Give yourself permission to cry or be emotional - it's OK to show your feelings

**3** It is your choice to accept or decline invitations – if Christmas Lunch with friends or family feels too much – perhaps you could go for a shorter amount of time, or arrange to see them after Christmas.



**2** Include the person in some way - perhaps light a candle or raise a toast.



**4** Give people permission to talk about your loved one – they may be frightened of upsetting you or saying the wrong thing. Let them know it's OK to share memories perhaps by starting a conversation or recalling a memory.

**5** If you are spending time with others, agree that you might also like some time alone. Helping other people understand your needs will ensure that they know how to help you and can respect your wishes.

**6** If you will be on your own at Christmas – you could find out about what's happening locally – many community groups meet throughout the Christmas period.

**8** Talk to friends and family beforehand – we all grieve in different ways and you may need to let others know about your feelings and worries – they may not know what to say.

**10** People can feel guilty about having fun with family and friends – especially if they are around others. Enjoying the company of other people and the spirit of the season can be very comforting. There's no expectation for you to be sad all of the time – we all grieve, remember and celebrate life in very different ways.



**12** Above all be kind to yourself – remember this is just another day.

**7** Explain that you might need to change your plans at the last minute – grief can come in waves and having a 'safety net' can be enough reassurance that you will be able to cope and that you won't feel you are letting people down.

**9** Keeping busy can be a helpful distraction, but being too busy can be exhausting. Pace yourself, give yourself time for other activities not associated with Christmas – going for a walk if you can, or reading are all ways to relax yourself

**11** Sometimes it's easier to talk to people who aren't family or friends but who understand how difficult a bereavement can be especially at this time of year. St Barnabas Hospice holds weekly bereavement groups across the County to help and support you whatever the time of year.

For more information about our Bereavement Care or to join the group please contact St Barnabas Hospice on **0300 020 0694**