



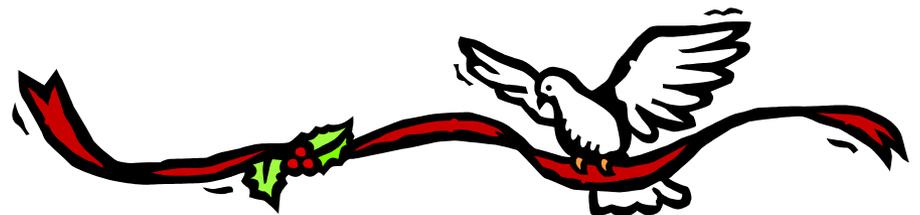
Coping With the Holidays

An Edith Fox Centre Production

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It's that time of year again...

- The holidays are a very difficult time for families who have experienced loss.
- Here are some tips to keep the holidays as enjoyable as possible!



* Take a breather *



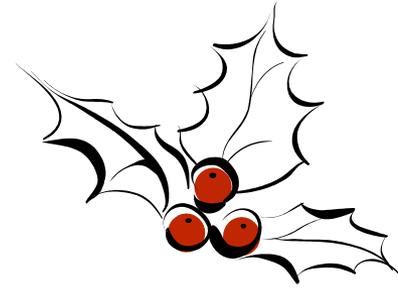
- It's okay to take a time out!
- The holidays are usually very busy and you may need to be alone for a while; this may be necessary so don't feel guilty!
- It's okay to say "no"



* Give Back *

- Try volunteering!
- We often feel better when we are helping someone else.
- Lots of other families need help this time of year, and there are lots of opportunities to give. And this may be the year to S T O P.

* Come What May *



- Don't expect **perfection!**
- This year will not be like the years that have come before it; every year is different.
- Try not to judge this season against past ones and just enjoy what you can. Consider new traditions...



* Know Yourself *

- Be prepared! Know what your "triggers" are; what things or conversations will make you feel upset.
- Prepare for what to do if these triggers occur - i.e. a code sentence or planned excuse to a family member for a polite way to leave a party if you feel anxious or upset.

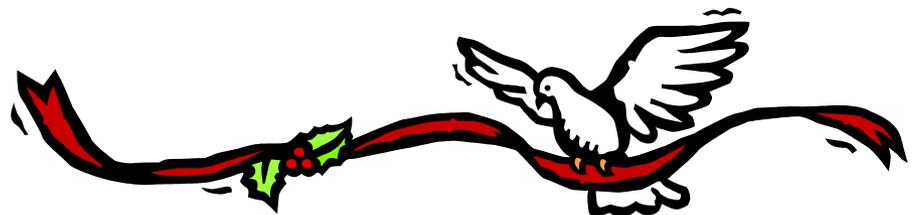
* Do It Your Way *



- Celebrate your way! Or not at all...
- Redefine what the holidays mean to you.
- Do not feel pressured to celebrate them the "common" way, do what works for you.

* Reach Out *

- Seek professional help when you need it!
- Don't assume you can handle everything on your own; we all need help sometimes.
- **Open Line Open Mind T 613 310 6736**
A 24hr support service for those in need.



Whatever happens, take care of yourself!



- It's your family's Holiday Season!
- Discover and stick by what you can handle and avoid what you can't.
- Remember, you do not have to go it alone!



Fire cools.

Water seeks its own level...

No matter how extreme a situation is, it will change. It cannot continue forever. Thus, a great forest fire is always destined to burn itself out; a turbulent sea will become calmer. Natural events balance themselves out by seeking their opposites, and this process of balance is at the heart of all healing.

This process takes time. If an event is not great, the balancing required is slight. If it is momentous, then it may take days, years, even lifetimes for things to return to an even keel. Actually, without these slight imbalances, there could be no movement in life. It is being off balance that keeps life changing. Total centering, total balance would only be stasis. All life is continual destruction and healing, over and over again.

That is why, even in the midst of an extreme situation, the wise are patient. Whether the situation is illness, calamity, or their own anger, they know that healing will follow upheaval.

365 TAO Deng Ming-Dao



May 2014
be a year of
peace...

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