



Your Holiday Bill of Rights

Holidays are frequently difficult after a loved one has died. However, anticipation of the celebration is often worse than the actual day.

Remember, you have the right to choose if or how you want to participate in the festivities this year. There are no set rules!

- ◆ You have the right and are encouraged to **ANTICIPATE AND PLAN AHEAD.**
- ◆ You have the right to **MAKE YOUR OWN DECISIONS.**
- ◆ You have the right to **DO SOMETHING TOTALLY DIFFERENT.**
- ◆ You have the right to **DECIDE NOT TO CELEBRATE A HOLIDAY** if you feel it will be too painful.
- ◆ You have the right to **GO OUT OF TOWN OR STAY AT HOME** (your choice).
- ◆ You have the right to **CHOOSE YOUR OWN LIFE-GIVING ACTIVITIES.**
- ◆ You have the right to **DECIDE WITH WHOM YOU WOULD LIKE TO SPEND TIME WITH.**
- ◆ You have the right to **BE KIND TO YOURSELF.**
- ◆ You have the right to **A ROLLER COASTER OF EMOTIONS.**
- ◆ You have the right to **INCLUDE YOUR LOVED ONE** through rituals such as hanging their stocking, lighting a candle, eating their favorite food, or sharing stories.
- ◆ You have the right to **REMINISCE ABOUT THE PERSON WHO DIED.**
- ◆ You have the right to **CRY IN PUBLIC.**
- ◆ You have the right to **LAUGH AND HAVE FUN WITHOUT GUILT.**
- ◆ You have the right to **DO SOMETHING FOR OTHERS**, even in the midst of your pain.
- ◆ You have the right to **CHANGE YOUR MIND AT ANY TIME.**

