

## Student Wellness Tips: Walking with grief over the holidays

**For those of us who have lost loved ones, the holidays can be a challenging time of year.** Some moments may be filled with great happiness and excitement, while others may bring overwhelming sadness. You are not alone! Here are some tips to help you walk with grief this holiday season.

✓ **Embrace the healing power of the land.** Being on the land can bring a sense of calm and reconnection with the past. Take a walk, skate, collect firewood, or join others in a favourite outdoor activity. Closeness to nature can help you feel centred within yourself and process your grief.

✓ **Share funny stories or memories with friends, family, and loved ones.** Remembering funny stories and moments spent with loved ones can warm the heart (and tickle the funny bone) when shared with others. Remembering good times and sharing laughter can help you to keep those who have passed part of your traditions.

✓ **Honour and include loved ones who have passed on.** Find ways of keeping the memory of your loved one present by creating a memory display in your home, putting a special decoration on the Christmas tree, setting a place at the dinner table, or lighting a candle for them.

✓ **Emotionally prepare for the holidays.** This year, the holidays will be different for many of us. Prepare for this and plan out how you would like to spend your time. Think about how you might be feeling on Christmas Day and be prepared to embrace your feelings, whatever they may be.

**Need someone to talk to? We're here to help!** Confidential, drop-in counselling is available to adult education students every Tuesday and Thursday, including over the winter break (excluding Dec. 24 and Dec. 31). Simply text/call (514) 700-2832 or email [chattoday2020@gmail.com](mailto:chattoday2020@gmail.com) to connect with a professional counsellor for support!

