

Coping with the
Holidays
October 21, 2025

Steve Sims



Opening Questions

- ▶ What motivated you to be here tonight?
- ▶ As you approach the holidays, what feelings come to mind?
- ▶ What particular event during this season makes you most anxious?



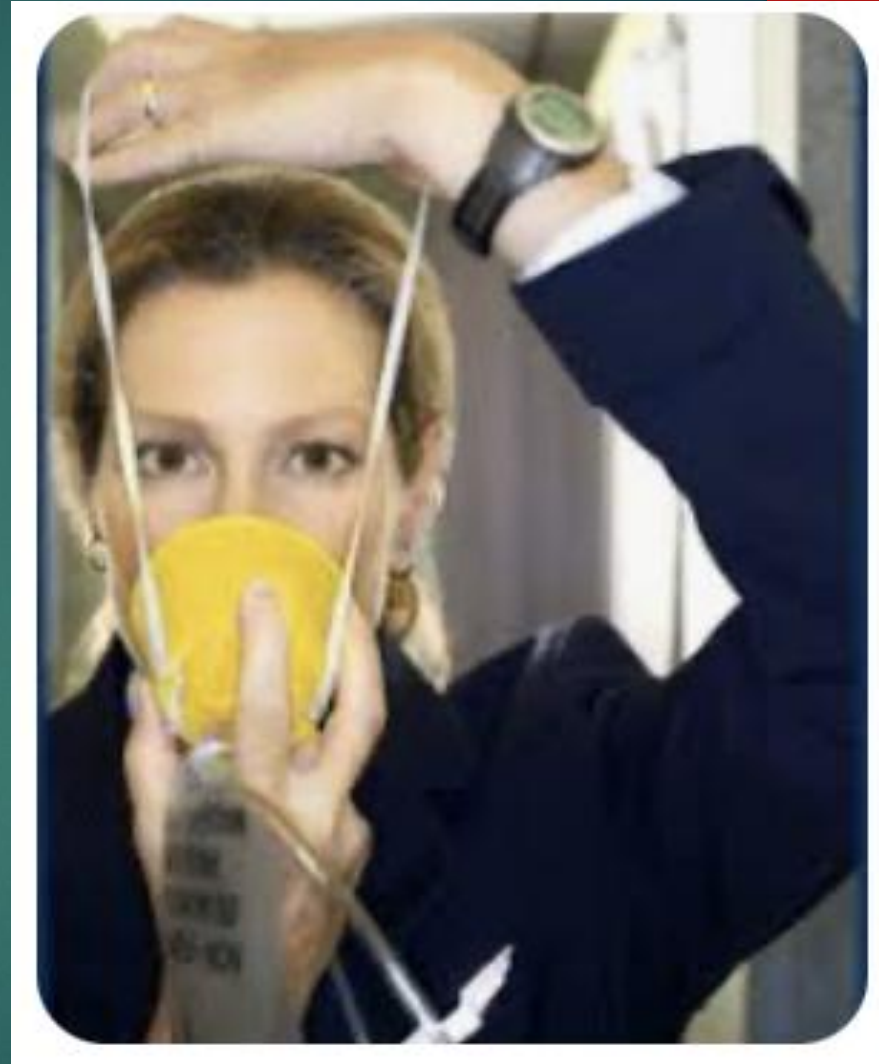


Be Aware
of Grief
Triggers

Expect The
Unexpected

SELF CARE

Self care is crucial.
It is not selfish to take
care of yourself.



THE GRIEF CASE



Losses of the past may re-enter at any given time.

“Hello, darkness, my old
friend...
I’ve come to talk to you
again...”

The Sound of Silence

Words and Music by Paul
Simon 1964

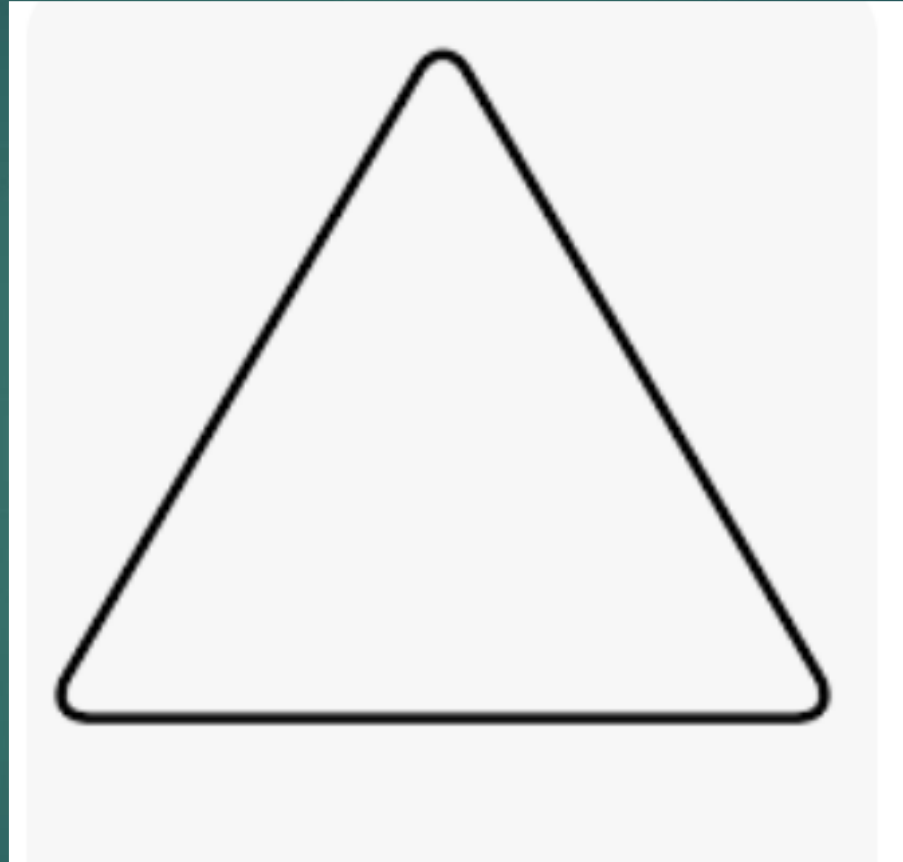
“Learning to Walk in the
Dark”

Barbara Brown Taylor 2014





Your story is as
unique as your
thumbprint.



FEAR, ANGER AND GUILT



Clear Communication is Key



“Each time you set a healthy boundary,
you say ‘yes’ to more freedom.”

Nancy Levin

A few things you might find helpful...

“How am I doing right NOW?” Learn to live in the moment.

“What am I going to do today to take care of myself?”

“I AM...” statements are powerful.

Ask God or the Universe or your Higher Power for a pleasant surprise each day.

Journal: I think...
I feel...

Questions?
Comments?

