



Simple Ideas

TO GET THROUGH THE HOLIDAYS AFTER LOSS

CINDY MARSHALL HODO

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by Cindy Marshall Hodo, National Board-Certified Health & Wellness Coach

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The holiday hustle and bustle are in full swing. Last night, we had the privilege to look into the southwest sky just after sunset and witness the “Star of Bethlehem” as Saturn and Jupiter aligned with the earth. This has not occurred in 800 years.

I'm thinking, “Boy, Thomas would have loved this!”
He loved adventure and life.

I light a candle to remember my late son and how he embraced life with vigor.

Work and the busyness of the holidays have kept me from writing this. It's been six years since Thomas was killed instantly in a single car accident. It does not get easier, but it does get better.

Here are some ideas to make your holiday and new year perhaps a bit brighter as you remember that special someone you've lost.

Light a candle in their memory.

Play music. Sing out loud, and even dance.

Watch a funny movie.

Write notes of gratitude in a journal recalling fun times or reasons you're thankful they were a part your life.

Light a paper lantern and release it in a safe, open space location.

Eat their favorite food or make a toast with their favorite drink.

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Some of these ideas may sound silly, or even a bit too serious, but they sure have helped me get through the holidays. I know Thomas would want me, his family and friends to enjoy and celebrate, and not be too sad. His body is gone, yet his spirit is not dead. Through faith, I know one day, I'll see him again and we will celebrate together.

How would your loved one want you to remember them in a positive way this holiday season?

