

HONOURING MUM AT CHRISTMAS TIME

Christmas can be a challenging time, especially after the loss of your mum. It may evoke a mix of emotions, from fond memories of past celebrations to triggers of grief. The Christmas holiday season can intensify your feelings, particularly when you see the empty seat at the Christmas table or are surrounded by those who still have their mum with them, and just don't understand how you're feeling.

EMBRACE YOUR FEELINGS

Give yourself permission to feel and act as you truly wish. There's no right or wrong way to navigate Christmas without your mum. Your way is the right way.

EXPRESS YOUR FEELINGS

If you're not up for writing Christmas cards, attending parties, or decorating the tree, don't force it. Be open about your emotions with trusted individuals who genuinely care about your well-being.

ALLOW FOR TEARS AND LAUGHTER

It's okay to be sad and to cry during this time. Equally, don't feel guilty about finding moments of laughter and joy. Share your emotions with those around you, especially if you're trying to maintain a brave face for your children or loved ones.

HONORING YOUR MUM

Find meaningful ways to honor your mum during the lead up to Christmas, and on the day itself. Here are some suggestions that we've popped together:

- Write a Christmas card to your mum, expressing your thoughts and feelings.
- Incorporate your mum's Christmas decorations into your holiday decor, keeping her memory alive.
- Purchase an ornament in memory of your mum to hang on the tree, or somewhere in your house.
- Prepare a dish or meal that your mum used to make, connecting through shared traditions.
- Share stories and memories of your mum with family and friends.
- Light a candle in her memory, creating a warm and meaningful tribute.
- Extend kindness by buying a present for someone in need, carrying forward the spirit of giving.
- Establish a new Christmas tradition that honours your mum's memory.
- Listen to your mum's favorite music, allowing her presence to be felt.
- Display a photo of your mum on a nearby table, ensuring she's part of the celebration and/or set her place at the table as a meaningful tribute.
- Raise a toast to your mum, acknowledging her impact on your life.
- Visit a place that holds significance for your mum, connecting with her memory.
- Wear your mum's special jewelry as a personal keepsake, or wear an item of her clothing.
- Treat yourself to a gift, similar to what your mum might have done, as an act of self-care and remembrance.

Remember that Christmas can be a time of both reflection and celebration, and it's entirely okay to honour your mum in ways that feel meaningful and authentic to you.