



—Flood Recovery—  
**COLORADO SPIRIT**  
Mountain Outreach Team



## *Finding **JOY** in the Season*

### **Grief and Loss Through Changing Seasons**

The holidays can trigger grief reactions. This is common and can be supported at home by family and friends. Please don't hesitate to reach out to the [Larimer County Colorado Spirit: Mountain Outreach Team](#) if you need additional help.

*Happy Holidays*

Additional Resources:

Call us 7 a.m. - 7 p.m. 7 days a week  
(970)494-4245

[FCfloodteam@gmail.com](mailto:FCfloodteam@gmail.com)

<http://touchstonehealthpartners.org/mtnot>

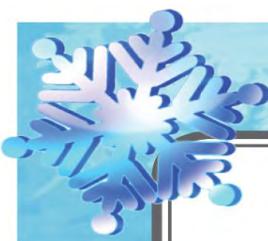
Ideas Just for Kids

<http://mykidsweek.com>

<http://familyfun.go.com>

There are lots of craft and decoration ideas on the web. You can also connect with friends, neighbors, schools, and community centers for more ideas.





### Keep in mind the common stages of grief or loss:

- **Denial and Isolation** – May avoid discussion of the fire or trauma, or withdraw from friends and family members.
- **Anger** – Typical response when coming to terms with home loss, damage, and other fire-related trauma and may be unintentionally directed toward family or friends.
- **Bargaining** – After venting anger, they may try to make a deal (or bargain) with God or a higher power to produce a different outcome or solution.
- **Depression** – During this stage they are faced with reality. Depressive feelings can come about due to the circumstantial changes (financial changes, changes in living arrangements, etc) or due to the loss itself.
- **Acceptance** – When acceptance occurs then healing begins. This allows them to move forward in life.



### Helpful tips for support through the grieving process:

*Provide a listening ear  
Provide reassurance  
Be available when possible  
Help out with errands or other holiday tasks  
Be patient  
Be understanding  
Keep in touch with others*

### Where can we find joy?

#### Tips to help reduce stress and promote self-care:

- Create new memories and traditions with loved ones.
- Share new laughs and experiences together.
- Connect with loved ones.
- Listen to others (stories are priceless).
- Bake or cook with loved ones.
- Make ornaments with your children.
- Attend community events during the season.
- Help children stay physically active.
- Consciously celebrate the things that are good.
- Spend time volunteering.
- Set realistic expectations.
- Think about the feelings that you want to experience during the holidays.
- Keep those in mind when you are planning your activities.
- Try to avoid over planning. Holidays are a time for connecting with family and friends.
- You cannot please everyone, do the best you can with your limited time and energy.
- Make a budget, and stick to it. You will be glad later.
- Be aware of your stress, anxiety, and grief reactions. Do what you need to do to maintain the health and mental health of you and your family.
- Take time to do something special that makes you happy, whether you do it alone or with someone else.



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