

## HOLIDAY JOB LIST

Sometimes at the holidays we feel as though we need to participate in all the tasks we have in years past. However, as a griever, you have the right to continue or change any tradition you see fit. Here is a list of activities you may or may not want to change.

<b>ACTIVITY</b>	<b>Do you want to continue this activity this year?</b>	<b>Do you want to hold off on this activity this year?</b>	<b>Uncertain if you'd like to continue this year.</b>
<b>Putting up holiday decorations</b>			
<b>Going to holiday parties at office, school, faith community or friend's homes</b>			
<b>Sending holiday cards</b>			
<b>Holiday shopping</b>			
<b>Attending services at synagogue, mosque or church</b>			
<b>Attending special activities for children</b>			
<b>Preparing special traditional foods</b>			
<b>Hosting the holidays at your home</b>			
<b>Taking holiday photos</b>			