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Different articles from <https://whatsyourgrief.com> (What's Your Grief?)

Grateful Remembrance Jar: A Quick and Easy Thanksgiving Activity  
Grief at Thanksgiving: Gratitude with a Grain of Salt  
Thanksgiving Grief: Finding Gratitude When You're Anything but Grateful  
Surviving Thanksgiving: 6 Tips for Grievers  
7 Ways to Go Easy on Yourself While Grieving at the Holidays  
16 Ideas for Creating New Holiday Tradition After a Death  
Remembering Loved Ones During the Holiday: 19 Practical Suggestions  
8 Tips for Remaining Present at the Holidays (While Grieving)  
Guilt and Grief During the Holiday Season  
A Griever's Pocket Guide to Spending the Holidays Alone  
Changing Holiday Traditions; Keeping Holiday Values  
Four Easy, Last-Minute Ideas for Memorializing Loved Ones This Holiday  
Everything You Wish You Didn't Need to Know About Holiday Grief  
A Practical Plan for Dealing with Grief During the Holidays  
64 Tips for Coping with Grief at the Holidays  
8 Tips for Supporting a Grieving Friend This Holiday

From [www.centerforloss.com](http://www.centerforloss.com) Alan Wolfelt

For grieving folks:

Book: Healing Your Holiday Grief

Pamphlet: Helping Yourself Heal During the Holiday Season (English  
& Spanish)

Supporting grieving folks:

Book: Companionship for the Bereaved

Pamphlet: Tenets of Companionship Educational Resource