



DIVORCE SUPPORT MINISTRY

Navigating the Holidays

Outline

- **Understanding What Is Happening**
- **Grief Cycle**
- **Self Care**
- **Faith Life**

Understanding What Is Happening

Common Triggers:

- **Holiday Movies/Music**
- **Christmas lights**
- **Commercials**
- **Important dates**
- **Holiday Parties**

- **Other Examples?**



IT'S THE MOST

Wonderful
TIME OF
THE Year

Feelings

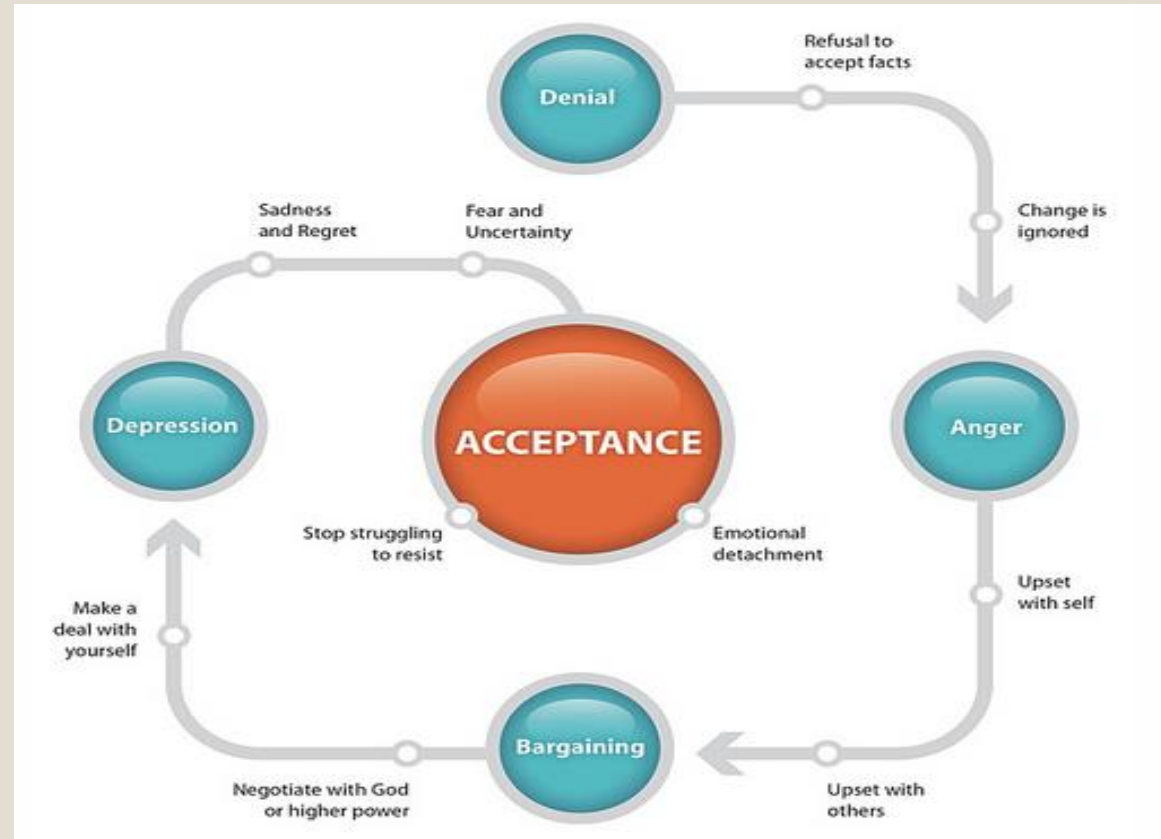
What are the feelings that come up for you? How do you manage them?

- **Sadness**
- **Anger**
- **Shame**
- **Fear**
- **Joy**

The Grief Cycle

Grieving is associated with death. You must grieve the “death” of your marriage.

There are five stages to the grieving process.



What Can I Do?

- **Small steps**
- **Take that feeling of being Overwhelmed and break it down**

Practice Self Care

- **Go easy on yourself**
 - **Give yourself a break**
 - **Give yourself permission to not be perfect**
 - **Let go of expectations**
 - **OK to say “No”**
- **Focus on the things you can control**
 - **Your self**
 - **Your time**

Take Care of Yourself

- **Do the best you can, exercise – walk, drink water, listen to favorite music, to to adoration**
- **Treat yourself – get a massage**
- **Don't numb out**

TAKE CARE OF YOUR MIND



acknowledge
your feelings



journal out
your thoughts



set limits
around news



schedule virtual hangouts
with friends



shake out
your emotions



work on a
passion project

Stay Connected

- **Don't Isolate**
- **Reach out to trusted family and friends**
- **Set boundaries**
 - **Ok to not want to talk about the divorce**

Plan Ahead

- **Prepare for difficult conversations**
 - **Holiday get-togethers**
 - **Family reunions**
 - **Casual conversations with friends and strangers**
 - **Prepare exit strategies**
 - **Finances**

Shared Custody

- **Communicate, communicate, communicate**
- **Keep routines and be consistent**
- **Avoid former spouse bashing**
- **Pick a date to celebrate with kids**
- **Plan activities – involve kids**
- **Traditions**
 - **Keep some old ones, makes some new ones**

Volunteer

- **What's your favorite charity?**
 - **Reach out**
- **How to volunteer under Covid**
- **Volunteer with Us – Catholic Charities**
 - **<https://ccdsd.org/volunteer/>**

Practice Gratitude

- **Who and what are you thankful for?**
- **How do you express this?**
- **Start a gratitude journal**
- **Write thank you letters**
- **Develop a gratitude mantra**

NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



Acceptance and Forgiveness

- **These practices don't just happen**
 - **Practice, practice, practice**
- **You are not alone, God is with you**
 - **Lean on Him**
 - **Let go of desire to control others**

Lean On Your Faith

- **Make Christ your primary relationship**
- **Sacraments**
- **Rosary**
- **Novenas**
- **Adoration**
- **Silent Retreats**
- **Books**
- **Online resources**

