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Your guide through holiday grief

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Wed, Dec 14, 2022 at 10:31 AM



life Happens

HEADLINES

December 2022 | EMPLOYEE EDITION



Your Guide Through Holiday Grief

As December rings in the holiday season, traditionally a time of togetherness with family and friends, many people grapple with loss and grief. Poignant reminders can surface as an empty seat at the table, a casual exchange reflecting on the year's achievements and regrets, or an unconscious comparison to others' beaming social media posts. With lost traditions, income, and, for some, the profound loss of a loved one, your holiday celebrations may feel more melancholy than merry. Grief is a difficult journey, and the holidays can be rocky terrain. Acknowledging your grief and creating a strategy can make navigating through the season easier.

Your Guide Through Holiday Grief



Breathe

It seems so simple and automatic that many overlook how the breath can be a powerful tool to calm the mind and regulate emotions. During a season of hustle and bustle that can leave you struggling to catch your breath, take time to pause, rest, and breathe deeply by completing December's Monthly Motivator.

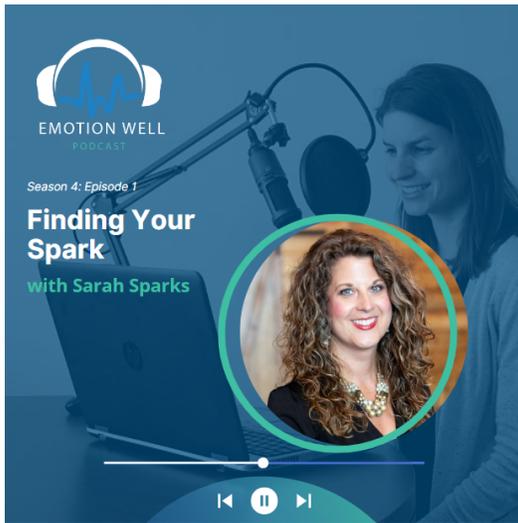
[Download the December Monthly Motivator](#)

Tune into Emotion Well

We're wrapping up 2022 by showcasing our favorite episodes you may have missed! Check out the podcast host's and producer's picks, and vote on your favorite!

Host's Pick: Finding Your Spark

Producer's Pick: Growing Through Grief



Sarah Sparks, a highly sought Spiritual Business Mentor, helps people identify their purpose and the path to embracing life to the fullest. She shares;

- her story on better understanding herself
- how she identified her purpose in life
- how she guides others to finding their spark in business and personal relationships
- her definition of spiritual wellness
- how one can pursue a whole life embracing mind, body, and spirit.

[Listen to Finding Your Spark](#)



Loss and grief are inevitable parts of life. Yet grieving after the death of a loved one can feel messy and abnormal - even though it's natural. Buffy Peters, the Director of Hamilton's Academy of Grief and Loss, joins us to address the aspects of grief many of us tend to avoid, including;

- different ways grief presents itself
- common misconceptions
- how you can embrace and grow with grief
- + an abundance of resources for grievers

[Listen to Growing Through Grief](#)

We want to know- which episode was your favorite?

[Finding Your Spark](#)

[Growing Through Grief](#)

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