



## News & Updates



### November Calendar:

This month our network will meet on Mondays from 9:30 a.m. to 11:00 a.m. at **Koelbel Library** located at 5955 S. Holly St. Centennial CO 80121.

[Get Directions](#)

**November 6th** - *Tasks and Transferrable Skills* in the **Livingroom** with [Krista Redlinger](#)

**November 13th** - *Difficult Interview Questions* in the **Forum** with [Joe Murphy](#)

**November 20th** - *Library Resources* in the **Conference Room** with [Alicia Cartwright](#)

**November 27th** - *Common Job Search Mistakes* in the **Conference Room** with [Hal Patterson](#)

[Our Website Calendar with November's Events](#)

## Managing Stress and Grief During the Holidays: Give Yourself the Gift of Your Own Feelings by Barbara Oliverio

The holiday season is joyous for most, but for those who lost a job, the anticipation of the holidays may bring more of a sense of dread than joy. If that is you, you might want to enjoy the normal holiday traditions, but are faced with the reminders that life has significantly changed. In addition, a complicated sense of guilt may set in because you don't feel that you are entitled to feel any sense of happiness during the season.

If you've suffered a loss you may anticipate pain during the once happy holidays, or fear planning for them, or you may even wish you could avoid them altogether. A sense of pressure or expectation may be present, or there may be heightened anxiety because no decision seems to be the right one in how to react.

A common reaction to any grief is the attempt "not to dwell on it", but it is important to embrace loss during the holidays. Permission to grieve is a key element in any grief journey, especially during the holidays. That permission comes from one's self. During the holidays give yourself the gift of your own feelings. Other coping strategies include the following:



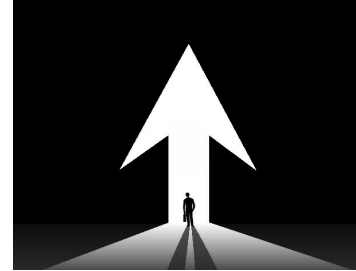
- \* Expect to have some pain. When the feelings come, let them.
  - \* Be careful of "shoulds." Listen to your heart. Ask yourself, "How do I feel about that?"
  - \* Choose only tasks that you enjoy, such as baking, decorating, etc.
  - \* Do traditional things differently, that is, different times for Mass, dinner, etc.
  - \* Accept a few invitations to be with close family or friends. Choose the ones that sound most appealing at the time and avoid the ones that feel more like obligation.
  - \* Talk about your feelings. Let people know if you're having a tough day.
  - \* Instead of traditional gift giving, you might choose to buy inexpensive gifts or do a name draw or some other saving plan
  - \* Help others. Remember, in helping others you help yourself.
    - Take a meal to a homebound couple
    - Volunteer in a shelter or soup kitchen.
    - "Adopt" a family and bring them presents or food.
  - \* If the idea of holiday shopping overwhelms you, buy gifts online or through catalogs.
- Remember, every individual grieves and manages stress differently. There is no right way or wrong way to do it.

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## Featured Jobs:

**PT Barista** - at Augustine Institute [job description](#)

**Maintenance Tech** - St Francis Cabrini Church [job description](#)



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