

# November.

Sun.

Mon.

Tue.

Wed.

Thur.

Fri.

Sat.

01

Holiday season begins

02

03

04

05

Instagram Live  
12pm ET

06

Journaling  
Preparing for  
grief triggers

07

Self-care Sunday  
Take a 10-  
minute walk

08

09

10

11

Instagram Live  
12pm ET

12

13

Journaling  
Reflecting on  
holiday traditions

14

Self-care Sunday  
Drink a glass of  
water

15

16

17

18

19

20

Journaling  
Holiday food  
& gatherings

21

Self-care Sunday  
Take 3 deep  
breaths

22

23

24

Holiday  
Cookbook

25

Thanksgiving  
Day

26

27

Journaling  
Taking care of  
yourself

28


Hanukkah  
begins

29


30



Join the community  
on social media:

 @empathy\_com

- Follow us on Instagram
- Tune in for Live chats with grief experts and video talks with people who've lost a loved one
- To watch a Live, visit our profile at the scheduled time and you'll see a red circle around Empathy's profile picture. Tap or click our profile picture to tune in.

 **Navigating Grief & The Aftermath of Loss with Empathy**

- Join our Facebook community
- Share memories of your loved one
- Participate in journaling prompts and workshops
- Get emotional support from others who understand what you're going through
- Ask questions around the logistics of grief



Navigating the holiday season, together.

Download the **Empathy app** to chat with a care specialist, listen to grief meditations and get guidance and support for your journey of loss. Learn more at **Empathy.com**

#HolidaysWithEmpathy

# December.

Sun.

Mon.

Tue.

Wed.

Thur.

Fri.

Sat.



01

02

03

04

Journaling  
Physical  
mementos



05



Self-care Sunday  
Turn off your  
phone for an hour

06

Hanukkah  
ends

07

08

09



Grief holiday  
gathering

10

11



Journaling  
Honoring your  
loved one

12



Self-care Sunday  
Make a cup of  
tea

13

14

15

16



Instagram Live  
12pm ET

17

18



Journaling  
New Year's  
traditions

19



Self-care Sunday  
Listen to a song  
you love

20

21

Winter  
solstice

22



Holiday crafting  
exercise

23

24

Christmas Eve

25

Christmas Day

26

Kwanzaa  
begins

27

28

29

30

31

New Year's  
Eve

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#HolidaysWithEmpathy

# January.

Sun.

Mon.

Tue.

Wed.

Thur.

Fri.

Sat.

02



Self-care Sunday  
List 3 things you  
are thankful for

03

Holiday season  
ends

04

05

06

07

08

01



New Year's Day  
Reflections after  
the holidays

09

10

11

12

13

14

15

16

17

Martin Luther  
King Jr. Day

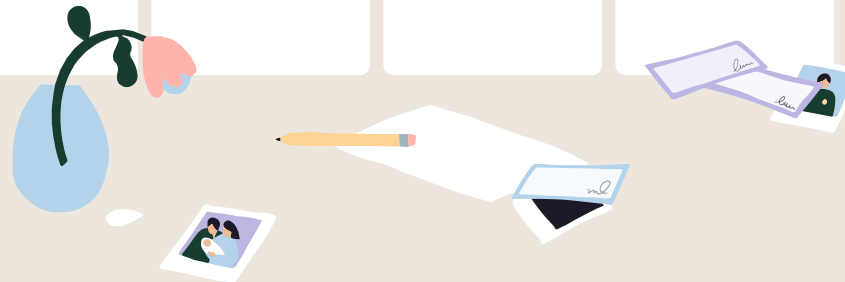
18

19

20

21

22



Navigating the holiday season, together.

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