

# Holidays can be difficult for people grieving

The holiday season can be especially difficult for those who have lost a loved one during the previous year.

They still need time to grieve and adjust, yet also feel the pressure to get into the spirit of the season.

Friends and family will be expecting them to be involved as always.

So it is important for the bereaved to recognize their own feelings and needs, as well as others' and learn how to handle the holidays in a way that is helpful.

For those who have lost a loved



## high plains mental health

• plain sense

As a personal reminder, select a candle with a color or scent that has significance, place it in a special area of the home and light it at a

significant time throughout the holidays.

Some family and friends choose to donate the money that would have been spent on gifts to a charity, local agency, public library or other

such locations.

Or they may use it to give a present to someone who might not otherwise receive a gift, such as a resident of a long-term care center.

Many people who are grieving prefer to avoid holiday events and family get-togethers because the memories are just too painful.

However, isolating one's self can lead to deeper feelings of loneliness and even depression.

It is better to stay involved but it is also all right to scale back on some activities.

Planning ahead and communicating with others about your feelings can help in being better prepared and less worried about the outcome.

Life losses result in changes in holiday and family traditions that can be difficult but also provide the opportunity for older family members to pass on the responsibilities of holiday traditions to the younger generation, where new traditions can become just as special.

Those people who are grieving a loss and looking with dread or anxiety upon the coming holiday

festivities usually find that the anticipation is greater than the actual events themselves.

*Contributed by Karen D. Schueler, MS, LCPC, Manager, Prevention, Education and Outreach Department of High Plains Mental Health Center.*

*The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.*

## matters of record

### District Traffic

The following fines have been paid in the Sherman County District Court. All ages are at the time of the fine.

**Sept. 19:** Andrea D. Nelson, 31, Goodland, \$147 for speeding.  
Gordon L. Teachey III, 38, Frankford, Ky., \$205 for being over

weight limits on wheels and axles.

**Don E. V. Trotter, 61, Denver, \$175 for violating motor carrier safety rules and regulations, no Unified Carrier registration.**

**Sept. 23:** D. Sakellariadis, 53, Cutler Bay, Fla., \$141 for speeding, 86/70.

**Sept. 24:** Scott M. Zehner, 48,

New Orleans, \$141 for unlawful parking.

**Sept. 28:** Victor Cabral-Castaneda, 39, Wayne, Okla., \$225 for violating motor carrier safety rules and regulations, false log.

**Oct. 4:** Mandy L. Vaughn, 31, Garden City, \$141 for speeding, 71/55.

**Oct. 5:** Pamela Y. Simmons, 37, Atlanta, Ga., \$159 for unlawful parking.

**Oct. 6:** Bruce A. Ausherman, 42, Baldwin, \$175 for violating motor carrier safety rules and regulations, not paying Unified Carrier registration.

Kimberly H. Hardman, 47, Lake-

wood, Colo., \$147 for speeding, 87/70.

**Tina M. Torres, 19, Holcomb, \$141 for speeding, 86/70.**

**Oct. 8:** Brandon M. Gray, 19, Keizer, Ore., \$141 for speeding, 86/70.

**Jodi I. Kingery, 43, Goodland, \$135 for unlawful acts with ve-**

hicles.

**Cynthia K. Matthews, 52, Colorado Springs, \$192 for speeding, 93/70.**

**Shaina A. Ruff, 20, Manassa, Colo., \$135 for unlawful acts with vehicles, tag expired.**

**Jung H. Seo, 34, Austin, Texas, \$228 for speeding, 97/70.**

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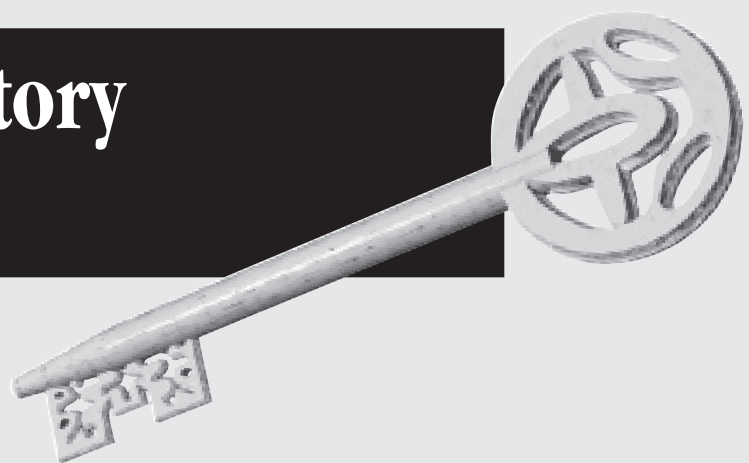
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