

## CANCER AND GRIEF DURING THE HOLIDAYS

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The holiday season is a time of cheer, celebration, and sharing traditions with those we love. For those dealing with a cancer diagnosis, or that of a loved one, it can be an extremely difficult time filled with mixed emotions. This time of year can seem impossibly painful for those grieving the loss of a loved one. Remember to be patient with yourself as you navigate your path, and always allow yourself the freedom to experience your emotions. Below are some articles that may help you cope and also find joy as we enter the holiday season.

Cancer diagnosis during the holidays:

<https://www.cancer.org/publications/55-coping-with-cancer-during-the-holidays>

<https://www.cancer.org/latest-news/cancer-during-the-holidays.html>

Grieving during the holidays:

<https://www.mskcc.org/blog/losing-loved-one-cancer-how-cope-grief-during-holidays>

<https://www.cancer.org/latest-news/coping-with-grief-during-the-holidays.html>

General information on grief:

<https://www.cancer.org/treatment/end-of-life-care/grief-and-loss/grieving-process.html>

<https://www.cancer.net/coping-with-cancer/managing-emotions/grief-and-loss/coping-with-grief>

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