



## Getting Through Difficult Days & Special Occasions

Special occasions such as Valentine's Day, anniversaries, birthdays, and holidays can bring renewed feelings of absence.

These days may feel heavy because they highlight what has changed or who is missing.

There is no right way to approach these moments. You are allowed to change plans, keep things simple, or not mark the day at all.

Gentle care may include lowering expectations, creating a soft plan, allowing comfort, or acknowledging your loved one in a quiet personal way.

If special occasions leave you feeling overwhelmed for long periods, additional support may help.

If you are in immediate distress or feel unsafe, please seek urgent medical support or contact a crisis service straight away.