

## Celebrating Christmas will be difficult this year.

~Mary Maxwell, Posted December 1, 2013



Camille from Seattle, WA asks:

Mary,

I know holidays can be stressful, but my children are about to put me over the edge. This is my first Christmas without my husband, and quite frankly I just don't feel like being jolly. They insist that I follow tradition and buy the huge tree, hang the lights, pull all the decorations from the barn, and have our traditional Christmas Eve party. I'm just not into it this year. How can I tell them without ruining their Christmas?

Camille, I'm so sorry for your loss. This first Christmas will be hard. I'm thinking that you should say to your children....go for it...but, you do it, kids. Dad would love it if you took over. And I'll tell you a secret. My father died when I was a junior in high school and my mom decided that the best thing to do would be to go ahead with the usual stuff, but to let everybody talk about dad. It was so great to be able to talk about him. We'd all been walking on eggshells so as not to mention dad and make people sad. Oh, and by the way, the kids should take care of the cleanup, too.

**Watch the video,**

<http://www.caregiverstress.com/2013/12/celebrating-christmas-will-be-difficult-this-year/>

Visit [CaregiverStress.com](http://www.caregiverstress.com) to discover more wit and wisdom from [Mary Maxwell](#), as well as expert advice from [Dr. Amy D'Aprix](#) and other videos, articles, and [resources for family caregivers](#).

